

How to wash your hands

A step by step guide



Wash your hands...



After going to the shops



Before making food or eating



After using the computer



After using the toilet



After coughing, sneezing or
blowing your nose



**When else might you need to
wash your hands?**



**1. Turn on the taps and
wet your hands.**



2. Put soap on your hands



**3. Rub the palms of your hands
together**



4. Put one hand over the other, wash the back of your hand and in between your fingers.



Turn your hands the other way. Wash the back of your other hand and in between your fingers.



6. Turn your hands palm to palm. Lock your hands together. Clean in between your fingers.



7. Put your hands together like this.



Wash the backs of your fingers on the palms of your hands.



8. Make a fist around your thumb. Wash your thumb.



Do the same thing the other way around. Wash your other thumb.



9. Rub the tips of your fingers on your palm.



Turn your hands around and do the same on the other side.



**9. Make a fist around your wrist.
Wash your wrist.**



Then wash your other wrist.



**10. Wash the soap off your
hands with water.**



11. Dry your hands with a paper towel.



12. Turn off the tap with the paper towel.



13. Throw the paper towel away.



Washing your hands should take about 20 seconds.



Or the time it takes to sing Happy Birthday all the way through, 2 times.



What if my hands get sore?



Putting cream on your hands is helpful for some people.



If your hands get very sore or painful get advice from the pharmacy or call NHS 111.

How to use this guide: A note for supporters

- You can adapt this guide to suit your needs.
- If the person you support knows their left and right, you could change the text to include those if it is helpful.
- Some of the steps need repeating on both hands. We have included pictures and text for this. Some people will find this helpful, but if it does not work for the person you support, you could delete them.
- Some people will find it helpful to have the steps about wetting their hands, using soap or throwing the paper towel away. If having pictures/texts of these steps are not helpful for the person you support, you could delete them.
- The pictures in this guide are available as a GIF (moving picture) here: <https://www.mencap.org.uk/advice-and-support/health/information-about-coronavirus/coronavirus-guidance-help-you-stay-safe-and#handwash>