

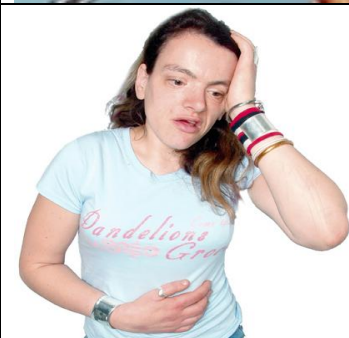
Help Us Stop Germs Spreading



The cleanyourhands campaign is about staff getting better at cleaning their hands to stop germs spreading



Germs live on hands



They can make you ill

There are 2 ways to clean hands



1. Washing Hands with soap and water



2. Using hand rub

If you are in hospital or are looked after by staff in your home, the staff should clean their hands before they look after you.



If you are worried that staff like nurses and doctors have not washed their hands or used hand rub,



It's ok to ask them.

Remember you should wash your hands too after using the toilet and also before touching food