

Always Remember:

To help keep yourself, your family and friends healthy

-  Keep your hands clean
-  Dry your hands properly
-  Cough or sneeze into a tissue or your elbow, not your hands
-  Cover any cuts or scratches
-  Remind others to clean their hands
-  Tell a grown up if you are feeling sick
-  Stay at home if you are not well
-  If visiting someone in hospital clean your hands before you enter their room
-  Do not visit anyone in hospital if you are unwell

Information for teachers & leaders

At kindergarten, play group, school and home we all love to play and share the equipment and toys, but these can carry many germs on them. Remember small children often put these shared items into their mouths. Ensure the bathrooms are a safe environment and that there is either soap and water or hand rub available in all areas to encourage the children to have clean hands before and after each play session.

Remember as teachers/leaders you are role models. Make sure that you always:

-  Clean your hands at the beginning and end of every play session
-  Wipe down all shared equipment and toys regularly
-  Throw away any broken items
-  Cover any broken skin

Clean Hands
Happy Hands
All hands





Clean hands, happy hands, all hands



Keeping our hands clean is very important in everything we do. Having clean hands can help to stop the spread of germs which may make us and others sick.

When should you clean your hands?:

- ✎ Before and after touching any cut, wounds or rashes
- ✎ Before and after squeezing pimples
- ✎ Before touching food and eating
- ✎ After going to the toilet
- ✎ After blowing your nose, sneezing or coughing
- ✎ After handling/patting animals
- ✎ After handling the rubbish
- ✎ After playing in the dirt/garden/sandpit
- ✎ At the end of each recess/playtime/ lunch break
- ✎ When your hands are visibly dirty

Germs on our hands are usually invisible to our eyes but they are there.

Cleaning your hands with either soap and water or hand rub (a waterless hand rub agent) will help to kill the germs.

How to use hand rubs:

- ✎ Remove any jewellery that may stop you rubbing correctly
- ✎ Squirt enough hand rub into your cupped hands to cover all surfaces
- ✎ Rub hands together to cover all surfaces don't forget in-between your fingers
- ✎ Keep rubbing your hands together until all areas are dry



How to wash your hands:

- ✎ Remove any jewellery that may stop you washing correctly
- ✎ Wet hands with warm water
- ✎ Apply soap
- ✎ Rub hands together to cover all surfaces don't forget in-between your fingers
- ✎ Rub hands together for 20 seconds (sing "Happy birthday twice ")
- ✎ Rinse hands making sure you have removed all the soap and bubbles
- ✎ Take time to dry your hands
- ✎ Put paper towel in bin, if used

