

Handwashing

You should wash your hands:

- after using the toilet or changing a nappy
- before and after handling raw foods like meat and vegetables
- before eating or handling food
- after blowing your nose, sneezing or coughing
- before and after treating a cut or wound
- after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea. It can help stop people picking up infections and spreading them to others.

Wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds).

If you do not have immediate access to soap and water then use alcohol based hand gel if available.

Resources

Below are some resources to support children and young people to wash their hands effectively. National Infection Prevention and Control Management have a number of ideas and materials for you and your child to use to help with hand washing including:

<http://www.nipcm.hps.scot.nhs.uk/resources/hand-hygiene-wash-your-hands-of-them/childrens-pack/>

It also created this animation to help explain why, when and how hands should be washed:

<https://youtu.be/07YNCFIS0iI>

This animated song was created by the Health Hub to help young children wash their hands:

<https://youtu.be/zxlQn7KaCNU>

Considerations

- You may need to prompt hand washing at all appropriate times, either verbally and/or by gesture. A handwashing poster or symbol on display by the sink may help. See pictures of sequence below.
- Assessing a safe water temperature may be difficult for some individuals and they will need assistance. Some people may find slightly warm water more tolerable than cold water.
- A step can be used to enable children to reach sinks easily.
- A chair or safe stool can be used if a person finds it easier to sit down whilst washing their hands. Handle extensions can be fitted to some taps to make it easier to grasp and turn them.



How to wash your hands.



1. Wet your hands with water.



2. Apply soap



3. Rub hands together.



4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.



5. Rub your hands together and clean between your fingers.



6. Rub the back of your fingers against your palms.



7. Rub your thumb using your other hand. Do the same with the other hand.



8. Rub the tips of your fingers on the palm of your other hand.



9. Rinse your hands with water.



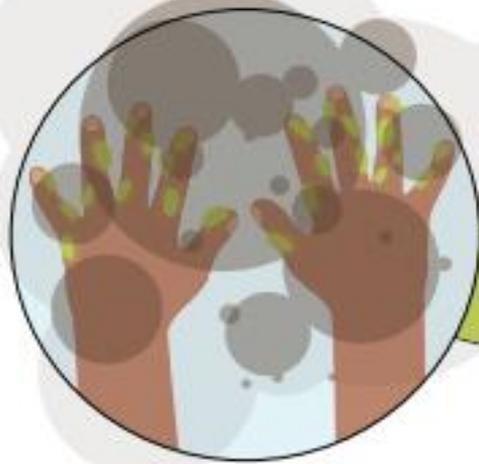
10. Dry your hands completely with a disposable towel.



11. Use the disposable towel to turn off the tap.



Wash Your Hands!



Dirty!



Wet



Get Soap



Scrub



Rinse



Dry



Clean!