

St Catherine's Nursery & Primary School



Hygiene Information

Hand washing and hand hygiene

Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses. Good hand hygiene will reduce the risk of things like flu, food poisoning and healthcare associated infections being passed from person to person.

When you need to wash your hands

Hands normally carry lots of germs and should be washed:

- after visiting the toilet
- before handling food
- when visibly dirty
- after coughing or sneezing into your hands

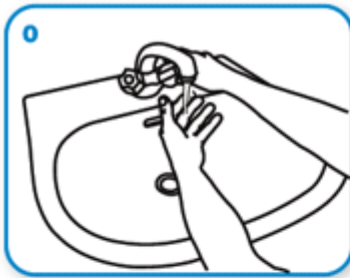
Washing your hands regularly will help to stop the coronavirus from virus spreading.

How to wash your hands

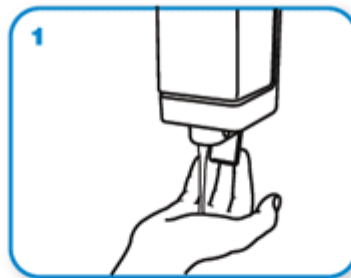
It is important to wash your hands properly. Make sure that you wash both your hands including the tips of your fingers, the palms of your hands and thumbs.

The steps below explain how to wash your hands properly:

- wet hands with water
- apply enough soap to cover all surfaces of hand
- rub hands palm to palm
- right palm over back of left hand with interlaced fingers and vice versa
- palm to palm with fingers interlaced
- back of fingers to opposing palms with fingers interlocked
- rotational rubbing of left thumb clasped in right palm and vice versa
- rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
- rinse hands with water
- dry hands thoroughly with a single use towel
- use towel to turn off tap



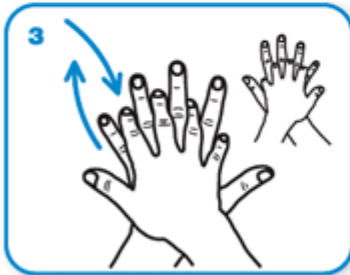
Wet hands with water



apply enough soap to cover all hand surfaces.



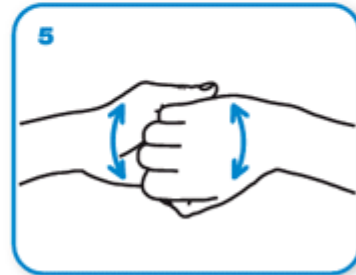
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



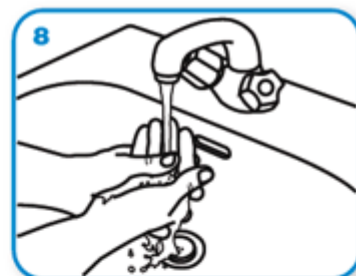
backs of fingers to opposing
palms with fingers interlocked



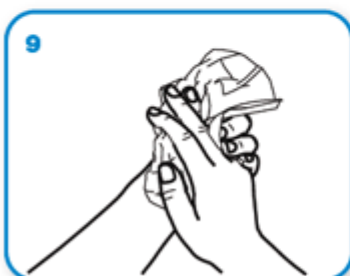
rotational rubbing of left thumb
clasped in right palm
and vice versa



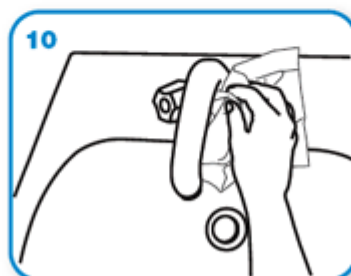
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

No Touching Mouth, Eyes and Nose.

As the mouth, eyes and nose are all points of entry for the virus, it is essential that we try to stop touching our mouths, eyes and noses in order to limit the spread of virus.

There are a few ways to help limit these:

1) Have tissues nearby

When you feel the urge to scratch an itch, rub your nose or adjust your glasses, grab a tissue and use that instead of your fingers

2) Identify triggers

If we can identify what causes us to touch our faces, we become more aware of the behaviour and can try to limit the amount of face touching.

3) Keep busy

When our hands are busy, we have less time to touch our faces and are less likely to spread the virus in this way.

4) Try not to worry

Reducing stress and anxiety levels will help limit the number of times you touch your face.

DON'T TOUCH YOUR FACE!



If you need to cough or sneeze

When you feel a sneeze or cough developing, the best way to prevent the spread of germs is to grab a tissue and be sure to:

- Sneeze or cough into the tissue
- Dispose of the tissue
- Thoroughly wash your hands with soap and water

We are following the Catch It, Bin It, Kill it protocol as shown below.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as possible.



If you need to cough or sneeze but do not have a tissue

If you cannot quickly find a tissue or other disposable towel to sneeze or cough into, do not panic.

The next best course of action is to sneeze into the crook of your elbow. Bend your arm, and make sure you sneeze into, not over, your elbow.

After you have sneezed into your elbow it is essential that handwashing is carried out immediately.

REDUCE YOUR RISK OF CORONAVIRUS



**Need to
cough or
sneeze?**

**Do it into a
tissue or bent
elbow, and
then wash
your hands.**

