



Handwashing is really important to help us stop spreading germs like coronavirus and keep us healthy.

We have to make sure wash our hands properly to get rid of the germs. There are quite a few things to remember, so we are going to practise together!



Great handwashing is a bit like a great story – it has a beginning, a middle and an end!

At the beginning you get ready to wash your hands.

In the middle you wash your hands.

At the end you check and dry your hands.



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This is a new poster to help us remember everything we need to do to wash our hands really well.

You can find this poster e.g. beside every sink in school, so you can use it to help you every time you wash your hands!



Get ready...



Get ready

Sleeves

Roll up your sleeves so you can wash all over your hands, otherwise you might miss bits when you try not to get your sleeves wet!

Water

Set the tap running gently and wet your hands now. If you got the soap first, the water could wash the soap away before you had a chance to spread it over your hands!

Soap

Always use soap! It is much better than just water for killing germs like coronavirus, and for getting them off your skin.



Wash

Follow the six steps of handwashing recommended by the NHS and Public Health England. This is to make sure you spread soap over every part of your hands.

Try to make lots of bubbles so you can see that the soap has spread all over your hands.

1. Palms



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Start singing your first Happy Birthday (or count to 10).

Palms

Rub your palms together.

Remember to make lots of bubbles!

2. Backs of hands



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Backs of hands

Turn one hand over so you can wash the back of it.

Then swap your hands around so you can wash the back of the other one.

3. Between fingers



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Between fingers

Concentrate on the sides of the fingers from the web spaces to the fingertips.
See if you can make bubbles in the spaces between your fingers!
That should be the end of your first Happy Birthday (or counting to 10).

4. Backs of fingers



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Sing your second Happy Birthday (or keep counting to 20).

Backs of fingers

Use your palm and thumb of one hand to wash the backs of the fingers of the other hand.

Then swap hands!

Do you find one side easier than the other?!

5. Thumbs



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Thumbs

Hug the fingers of one hand around the thumb of the other.
Spread the soapy bubbles up and down the thumb.
Then swap sides.

6. Nails



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Nails

Rub the fingertips and nails of one hand against the palm of the other.

Try making little circles one way and then the other.

Then swap sides.

That'll be the end of your second Happy Birthday (or you've reached 20).

Great job following the six washing steps!



Look for Dirt



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Check and dry

Look for dirt

Look for any dirt or soap left on your hands.
Wash them again if you see any dirt.

Rinse off Soap



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Rinse off soap

Rinse off all the soap so it doesn't stay on your skin and irritate it.

Dry well!



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Dry well

Use a disposable towel (if you can) and pat the skin dry. This is gentler than rubbing the skin.

Make sure the skin is completely dry. This gets rid of wet areas that germs like to stay in and reduces skin irritation/damage.

Turn off Tap with Tissue



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Turn off Tap with Tissue

Use your tissue (or elbow) to turn off the tap so you don't put germs from the tap back onto your clean hands.

Put Tissue in Bin 😊



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Put Tissue in the Bin

Try to use your foot to open the bin, or open the lid using the tissue.

Try not to touch the bin with your clean hands. That way you won't pick up any germs from the bin.



As we know, it's really important to wash our hands to get rid of germs. Did you know that it is also really important to look after the skin on our hands to keep them soft and smooth?

Have you noticed that when you wash your hands or use hand gel a lot, it can make your skin dry and sore?

This is because the soap and gel take away some of our skin's natural moisturising oils.

Dry and cracked skin can hurt and get infected, so we need to know what to do to keep our skin healthy.



Here are some things we can all do to help look after the skin on our hands.

In the green heart

Make sure you dry your hands well. Remember patting dry is kinder than rubbing dry.

In the yellow heart

Try to wash your hands instead of using alcohol gel/sanitiser. Soap and water is kinder to skin and doesn't strip away the natural moisturising oils as much.

In the purple heart

If your hands are red and sore, please tell an adult. You can use moisturiser after washing to help replace the natural oils and help your skin stay soft and smooth!

In the blue heart

Moisturise your hands at bedtime so they are more protected by the morning.

See if you can spot these hearts on a new 'Look after your hands' poster in e.g. your classroom!



Now it's time to have a go following the handwashing poster all together from start to finish!

Remember to **get ready** at the beginning.

Then **wash** in the middle.

And **check and dry** at the end!

Does anyone have a birthday today? Let's sing our happy birthday to them/a teacher/any suggestion...

Ready....

How to Wash Your Hands



Sing Happy Birthday...



Sing Happy Birthday again!



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Well done! That was great handwashing practise!

Now you can follow the handwashing poster and you know how to look after your hands.

This will help fight germs and keep you and others healthy.



Thank you for concentrating really hard today, Handwashing Superstars!