



Hand Hygiene Course

Wash, Prevent, Protect

Introduction

It has never been more important to prevent the spread of infection and illness. Good hand hygiene helps reduce the risk infections being spread from person to person. Hand washing is the best way to stop germs from spreading, but it needs to be done properly. The latest Public Health England guidance about COVID-19 and educational settings recommends that young children should be 'supervised to ensure they wash their hands for 20 seconds, more often than usual, with soap and water or hand sanitiser.'

This teaching pack contains everything you need to explain to young children about when and why hands should be washed, how germs are spread, where germs hide; and both how and when to wash hands.

The aim of the teaching aid is to enable children, particularly younger ones to feel confident about hand hygiene. The materials have been designed so they can be adapted to suit a range of ages and abilities. They can be used in a group situation or for a one-to-one session.

Pack Contents

- **Slide set** - the slides have lots of pictures. You can use all of them or just a selection.
- **Teaching Notes** - these are for guidance and can be used to suit whoever you are teaching.
- **Certificates** - a certificate can be given at the end of the course to show that hand hygiene training has been successfully completed.
- **Stickers** - these can be given after hand washing has been carried out correctly. They can be printed out using Avery E3613 labels.

Teaching Notes

There are notes to go with each slide. These act as a reminder of some of the points that can be made and are for guidance only. The materials will work much better when adapted to meet specific hand hygiene learning needs. Although there are serious messages, these can be delivered in a fun way.

The Hand Hygiene course contains information about:

- How germs are spread
- Where germs hide
- What germs can do to the body
- When hands should be washed
- How to wash hands correctly
- How long hands should be washed for

Preparation

The course can be carried out in any environment with access to hand washing facilities with soap/gel in a dispenser, paper towels and a waste bin.

Before the training starts, it will save time to fill out the name of each child on the certificates ready to hand out at the end of the session.



Slide 1: 'Hand Hygiene' course

Give an introduction to the course and explain what will happen during the session.

The course will cover:

- How germs are spread
- Where germs hide
- What germs can do to the body
- When hands should be washed
- How to wash hands correctly
- How long to wash hands for

Slide 2: 'Did you wash them?'

Ask children if they have washed their hands today.

Ask why they think they need to wash their hands. Ask how many times they've washed their hands and if they can remember when they washed them.

Reasons for hand washing include:

- To remove germs
- To make hands clean
- To stop germs from spreading
- To keep you safe
- To keep other people safe

Slide 3: 'How germs are spread'

Look at the diagram showing a dirty hand with arrows

pointing to:

- **Animals** - after petting and touching animals, their food, toys, cages and litter trays, hands should be washed to get rid of the animal germs.
- **Eating or Making Food** - if you don't wash your hands before making food, germs can be passed to those who eat the food you've made.
- **Nose, mouth, eyes to hands** - germs can spread to your hands by sneezing, coughing, rubbing your eyes or blowing your nose, and then passed to other people, if you don't wash your hands.

Slide 4: 'Germ Farm - Wash them!'

Remind children that germs can hide everywhere on their hands, even though they can't be seen.

Ask how do you think they get there?

Some of the reasons may include:

- Touching raw food like meat or fish
- Touching rubbish when you empty waste bins
- Touching dirty laundry when you put it in the washing machine
- Touching pets
- Touching other people
- Blowing your nose, coughing or sneezing into your hands
- Using the toilet
- Playing outside

Before moving onto the next slide, ask 'what do you think germs can do to your body?'

Slide 5: 'What germs can do to your body'

Explain that some germs are good - some good germs live inside our tummies to help digest food. but some germs can make us ill.

Ask if anyone has ever been sick, what it feels like and how long it takes to get better.

Give a reminder that germs on our hands can get into our bodies:

- Through our mouths when we put food in with our fingers
 - If we rub our eyes
 - If we pick our noses
 - If we have a sore or cut that we touch or pick •
- Ask 'Is it important to wash our hands?'



Slide 6 'When should I wash my hands?'

Ask 'When do you think you should wash your hands?' to encourage discussion.

Go through each point on the diagram:

- Dirty hands - always wash your hands if you can see dirt on them.
- Pets - after you've touched a pet or its toys or bedding, always wash your hands as animals carry lots of germs which can make people ill.
- Playing outside - there's lots of germs when you're having fun outside, so wash your hands when you come in.
- Toilet - always wash your hands after you've been to the toilet. There are lots of bad germs in your poo which can make you very ill.
- Food - wash your hands before touching or eating any food. Wash them again if you touch raw meat like chicken or fish.
- Sneezing, coughing or blowing your nose - always use a paper tissue and throw it away after blowing your nose, coughing or sneezing into it. Then wash your hands.

Slide 7: How to wash your hands

Explain each step of hand washing and why it is important to wash away all the germs hiding all over the hands.

- Wet your hands with water.
- Apply enough soap to cover your hands.
- Rub your hands together.
- Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
- Rub your hands together and clean in between your fingers.
- Rub the back of your fingers against your palms.
- Rub your thumb using your other hand. Do the same with the other thumb.
- Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.
- Rinse your hands with water.
- Dry hands completely with a disposable towel.
- Use the disposable towel to turn off the tap.

Slide 8: How long to wash your hands for

Give a reminder that handwashing should take 20 seconds, which is as long as singing Happy birthday twice. Ask what other songs could be sung for 20 seconds.

Slide 9: Wordsearch

Ask children to find the words relating to hand washing whilst waiting for their turn at hand washing. Finding the words will give children the opportunity to repeat key terms to commit them to memory.

Slide 10: Spot the difference

Ask children to spot the differences between the two cartoons. Varying degrees of difficulty can be found in spotting the differences to cater for a range of ages and abilities.

Slide 11:

Give a recap on the session:

- Today we've talked about hand washing
- Why hand washing is important
- What germs/bacteria can do to you
- When you should wash your hands

Hand washing is very simple to do and it can be fun as well, particularly if you choose your favourite songs to sing for 20 seconds. Washing your hands properly will help keep you, your family and your friends safe from germs.

- Ask for feedback.
- Session closes.
- Hand out certificates and stickers.

Additional considerations

Utilise hand hygiene posters to reinforce messages (available as downloadable pdfs).



Acknowledgments

The pack content has been developed by Doneena Salmon, Community Learning Disabilities Nurse, The Onyx centre, St Catherines hospital, Rotherham, Doncaster and South Humber NHS Foundation Trust and Christine Tomes, Clinical Nurse Specialist - Infection Prevention and Control, Nursing & Quality Directorate, Rotherham, Doncaster and South Humber NHS Foundation Trust, with financial assistance from Schülke.

Special thanks to the service users at Adwick Social Education Centre, Doncaster for testing the pack and giving their feedback.