

How to

Wash hands properly and often

This will help to stop germs and illnesses spreading

Wash your hands AND children's hands PROPERLY.

- ✓ Wash hands with **SOAP** and **RUNNING WATER**.
- ✗ Do not wash hands in a bowl of water as this might spread germs. If you don't have running water, use a plastic bottle to make a **TIPPY TAP**.
- ✓ Make sure you and each child spends **AT LEAST 20 SECONDS** washing hands **EVERY TIME**. (You can ask them to sing a song - like happy birthday 2 times!)

Wash your hands AND children's hands OFTEN.

- ✓ At the **START OF THE SESSION** once all the children have arrived and **BEFORE** you do any activities
- ✓ Before **PREPARING FOOD**
- ✓ Before **EATING** snacks, meals or drinks
- ✓ After **TOILET USE**
- ✓ After **COUGHING OR SNEEZING**
- ✓ After looking after a child who is **SICK OR INJURED**

