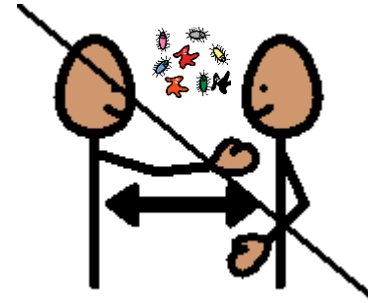
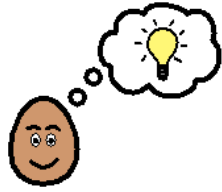




We must wash our hands often



to help stop viruses and bacteria spreading



We must remember to wash our hands:



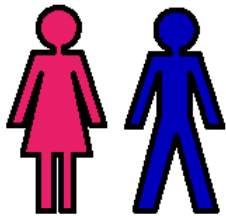
When we arrive at
school in the morning



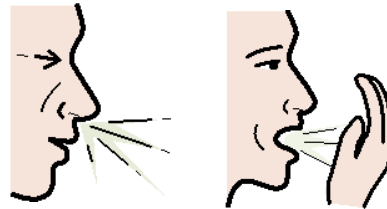
After morning walk



At the start and end
of break and lunch



After we use the
toilet



If we blow our
nose, sneeze or
cough



Before we eat or
touch any food

We must wash our hands for 20 seconds each time

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>



1. Wet your hands with water



2. Apply enough soap to cover your hands



3. Rub your 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 in 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 thumb



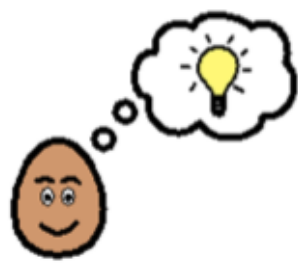
8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand



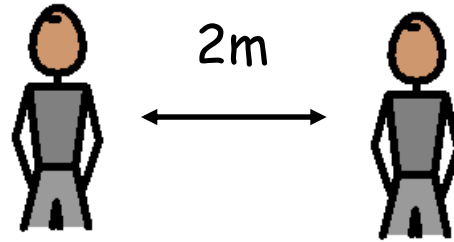
9. Rinse your hands with water



10. Dry your hands completely with a disposable towel. Use the towel to turn off the tap.



Remember...



Keep a 2 metre distance from others



Cough or sneeze into a tissue and throw it in the bin.



If you do not have a tissue cough or sneeze into your sleeve.



Wash your hands straight after you cough or sneeze.