



## Help your child to stay healthy with good hand washing



Working together to promote good hygiene in nurseries



[www.ndna.org.uk](http://www.ndna.org.uk)

### When should hands be washed?

Teach your child to wash and dry their hands:

- after using the toilet or potty
- after coughing or sneezing on their hands
- after touching animals
- before they eat.

To stop germs spreading around the home everyone should wash and dry their hands whenever they are dirty and at the following times.

#### *Before*

- touching food or eating
- preparing feeds or touching sterilised feeding equipment
- putting in contact lenses.

#### *After*

- touching raw food, e.g. meat, fish, eggs
- using the toilet or potty
- changing a nappy
- touching animals or their equipment
- contact with blood or body fluids and after coughing, sneezing or blowing your nose
- touching a contaminated surface, e.g. a cleaning cloth, used tissue, or rubbish bin
- outdoor activities, such as gardening.

#### *Before and after*

- dressing a wound
- giving or applying any medication.

Thorough hand washing at the right times can mean fewer illnesses, fewer visits to the doctor, and less time away from nursery, school or work.

### Help protect your child

Every time we touch someone or something, germs can get on our hands. If we then touch a wound, or our eyes, nose or mouth, these germs could get into our bodies and cause an infection, such as a skin infection, a cold, the flu, or a tummy upset.

Young children are more vulnerable to infections because their immune systems are still developing. Good hand washing helps protect them from infections by stopping germs spreading.

You can help by teaching your child to wash and dry their hands properly at the right times.

- ✓ Explain to your child why you wash your hands.
- ✓ Encourage '8 step' hand washing.
- ✓ Teach your child to wash their hands for as long as it takes to sing the 'Happy Birthday' song twice.

**Remember to wash your own hands properly – as your child will copy you.**

## Teach your child to wash their hands properly



1. Wet hands with warm water.



2. Apply a small amount of liquid soap.



3. Rub palms together (away from the water).



4. Rub fingers and thumbs, and the bits between.



5. Rub nails on palms.



6. Rub the back of each hand.



7. Rinse with clean, running water.



8. Dry thoroughly with a clean, dry towel.



Dettol helps to safeguard the health of families and their loved ones through good hygiene. We are passionate about health and work with partners and medical associations around the world to promote good hygiene. Let's do more for health together.

For healthy tips and more, visit our website at [www.dettol.co.uk](http://www.dettol.co.uk)



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