

Personal Hygiene



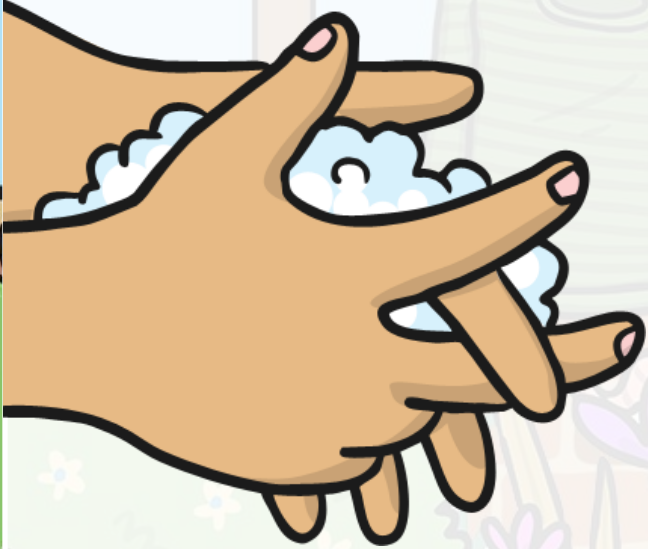
What Is Personal Hygiene?

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!



Washing Our Hands

Washing our hands is one of the simplest ways we can keep ourselves and those around us healthy.



Think about everything your hands touch in a day...

Computers screens and keyboards

Door handles and stair banisters

Pencils, pens, crayons and scissors

How many other people have touched these things too!

Handwashing

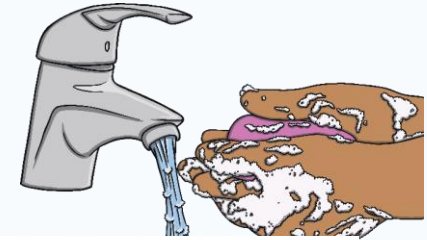
When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.



We can even spread them to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

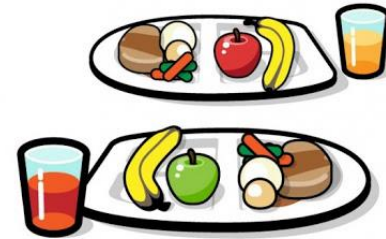
When Should We Wash Our Hands?



Before leaving the house.



As soon as you get to school.



Before eating your snack or lunch.



After going to the toilet.



After you sneeze, cough or blow your nose.



Before leaving school at the end of the day.

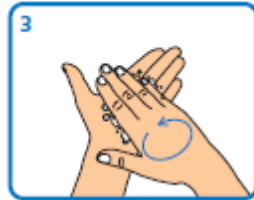
Remember it is important to wash all the different parts of your hands!



Wet hands with water



Apply enough soap to cover all hand surfaces



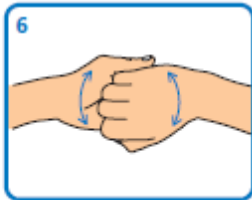
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



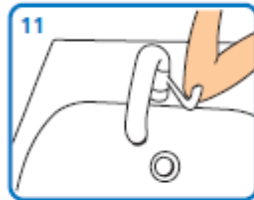
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

Sometimes we wash our hands quickly and forget about important parts like washing our nails! Germs can hide under our nails so it is important to keep them clean!

Watch this quick video to help remember all the steps!

<https://www.youtube.com/watch?v=S9VjeIWLnEg>



Remember to wash your hands for around 20 seconds. Why not sing happy birthday or another song to help you!

If you can't think of a song then here is one to help you:

<https://www.youtube.com/watch?v=dDHJW4r3eE>

Using a Tissue

It is important to always cover your nose when you sneeze. You might want to keep a tissue in your pocket ready in case you need to sneeze.

Remember:

Cover your nose with a tissue every time you sneeze or need to blow your nose.

Make sure you put your tissue in the bin after you have finished using it .

Wash your hands after using a tissue.



Spreading Germs

Germs and bacteria spread. It's a fact and we can't stop it, but we can try to minimise their spread. Washing our hands and using a tissue are really easy ways to minimise the germs we spread. Here are some other ideas:



Only share the resources that you need to.



Don't share things like water bottles.



You might be asked not to hold hands right now. This is to stop people accidentally spreading germs.



Let your teacher know straight away if you are feeling unwell.



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