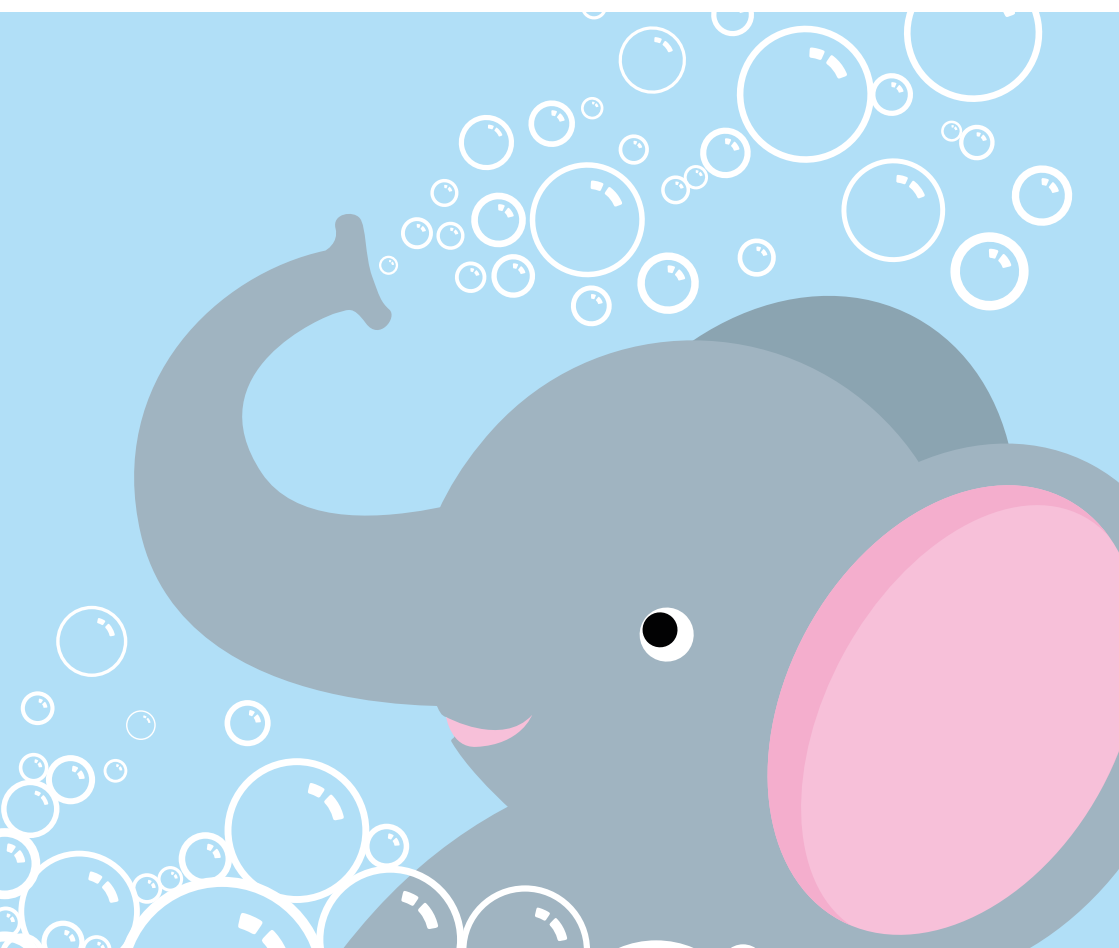




Spire Children and Young
People's Service

Helping to keep you safe from infection



Please join us in the fight against the germs that are all around us.

It helps us to keep you safe while you're in hospital, but good hygiene is important all the time in everyday life too.

Our top hygiene tips

Avoid putting your fingers into your eyes, mouth or nose.

Remember to wash your hands:

- several times a day, especially when you are at school after coughing, blowing your nose or sneezing
- before making or eating food
- after playing with animals
- after using the toilet
- after playing outdoors
- before and after changing contact lenses, if you have them



Germs' favourite secret hiding places

Germs hide out in all kinds of places, they can be found on playground equipment and even on your telephone!

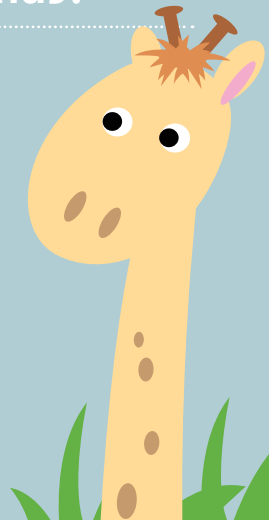
Where do germs like to hide most?

- School desks and tables
- On the sink – and the kitchen sink is worse than the bathroom!
- On dishcloths and sponges
- Rubbish bins
- On the fridge door
- On money
- On escalator handrails
- Shopping trolley handles
- Light switches
- Remote controls

- Toys
- Bathroom cups/toothbrush holders
- Pens, pencils and crayons
- Toilet seats
- Door handles

“Hand hygiene is important – keep them clean! Don't rush, take your time and do a good job. Wash your hands this way and you will remove up to 99% of the germs on your hands!”

What's the best way to wash your hands?



How to wash your hands properly



Wet your hands under warm running water



Add soap – a liquid soap is best



Rub hands together to make bubbles



Rub soapy bubbles all around for 20 seconds – singing the Happy Birthday song

twice to make sure you're washing for long enough! Make sure you wash your hands, wrists, between fingers and under your fingernails.



Rinse well under warm running water



Dry your hands well with a clean towel or under a hand dryer.

Remember if your hands look clean you can use an alcohol based gel or rub.

Things you may not know?

- Germs can grow on bars of soap in the water where they sit on the sink or soap dish!
- Using liquid soap is less likely to spread germs from one person to another than sharing a bar of soap.
- Liquid soaps often contain moisturisers to keep your hands clean and soft.
- Alcohol based rubs kill most microorganism or germs.
- The average person has more bacteria on their body than there are people living in the UK.

Wash your hands to keep germs away

These are the nasty bugs that can make you poorly if you don't wash your hands properly.



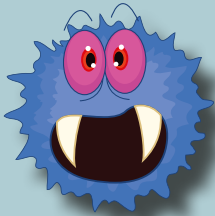
Cold and flu viruses

"We can spread when you don't cover your mouth and nose with a tissue while sneezing".



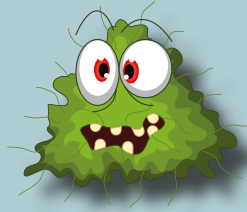
Streptococcus

"We can give you a really bad sore throat!"



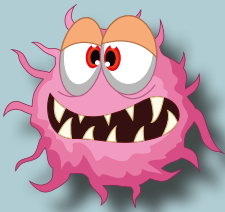
Haemophilus

"We can cause the highly contagious PINKEYE".



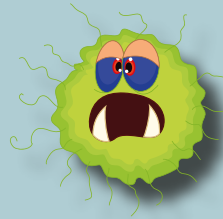
Hepatitis A

"We give people both Diarrhoea and Jandice".



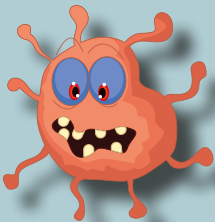
Pseudomonas

"We infect wounds and sores!"



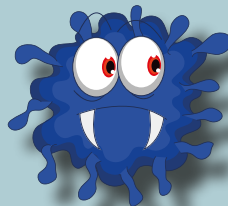
E Coli

We make you vomit and give you diarrhoea and spread if you don't wash your hands after using the toilet".



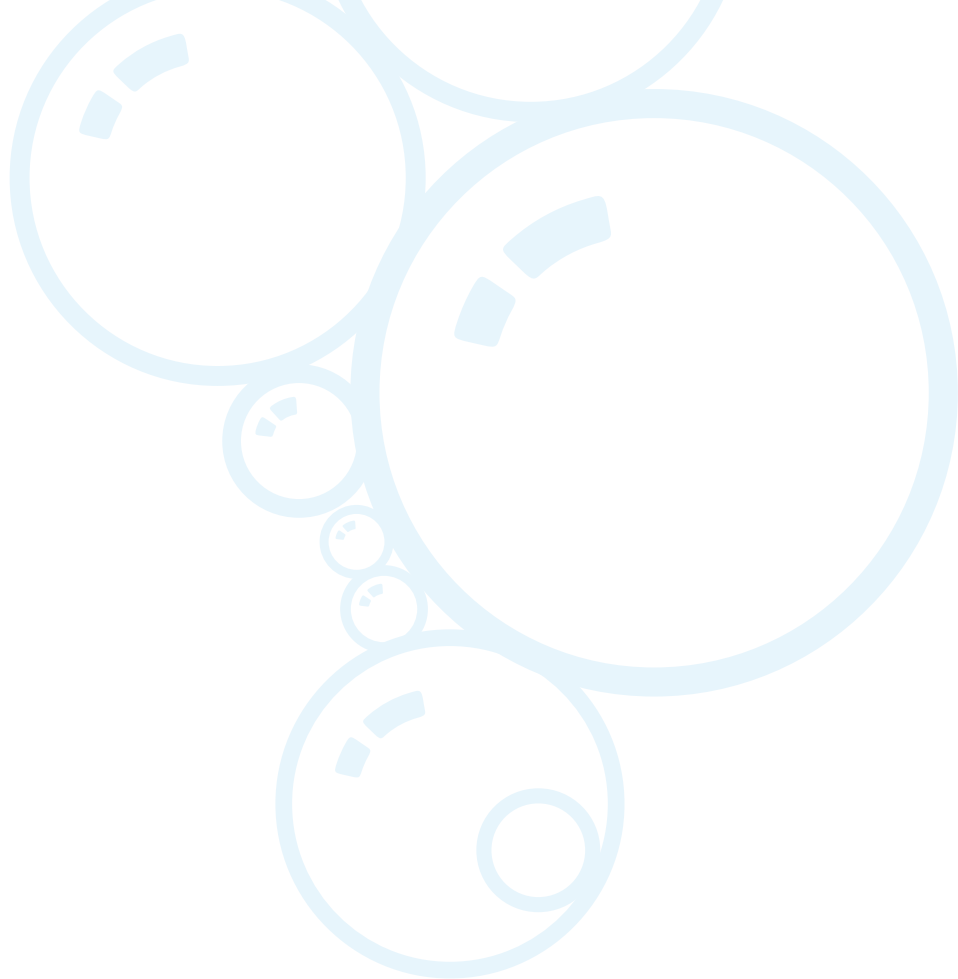
Staphylococcus

"We can cause pimples, spots and boils!"



Salmonella

"We can cause Diarrhoea!"



The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.

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