

**HAND WASHING GUIDANCE FOR PARENTS/CARERS**  
**September 2015**

Now that your child has started a new school year, it's a good time to reduce the spread of infections, like winter vomiting bug, influenza and other contact infections.

The most effective way of doing this is through good hand hygiene.

Parents play the biggest role in influencing their children in their hand washing habits. Washing your hands, aside from vaccination, is probably the most effective contribution you can make as a parent to reducing the spread of infection. Regular hand washing, especially after going to the toilet or during an illness (especially, cold, flu, vomiting and diarrhoea) will help prevent the spread of infection.

Bugs (microbes), such as bacteria and viruses, can easily be spread by touch. These may be picked up from contaminated surfaces, objects or people and then passed on to others.

Bar soap should be avoided as slimy soap harbours germs. Washing your hands with hot water and **liquid soap** for the time it takes to sing a verse of "Happy Birthday" should ensure that any germs are destroyed.

Encourage children to wash their hands by showing them how to do it, and by setting them a good example.

**Wash your hands before you...**

Prepare or eat food

Treat a cut or a wound

Visit a hospital ward (remember alcohol-based hand rubs are also provided)

**Wash your hands after you...**

Use the toilet

Handle uncooked foods, particularly raw meat, poultry or fish

Blow your nose, cough or sneeze

Touch animals or animal waste

Take out/handle rubbish

Change a nappy

Work/play in the garden

Touch a sick or injured person

Visit a hospital ward (remember alcohol-based hand rubs are also provided)

If you have any questions or concerns contact Steve Presley, Health Schools Co-ordinator for Public Health, DMBC on [steve.presley@doncaster.gov.uk](mailto:steve.presley@doncaster.gov.uk)

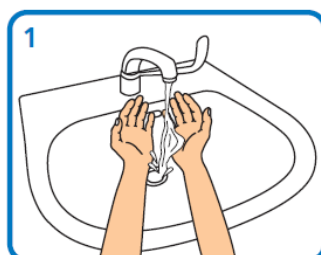
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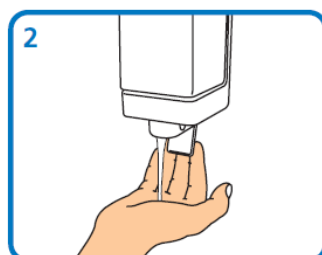
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# Hand-washing technique with soap and water



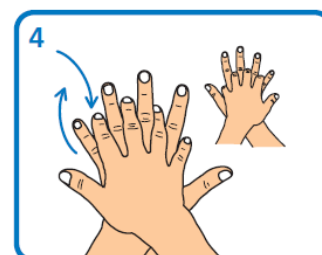
1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



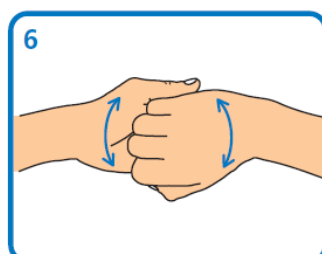
3 Rub hands palm to palm



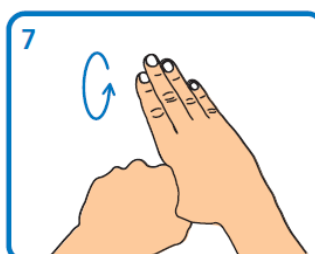
4 Rub back of each hand with palm of other hand with fingers interlaced



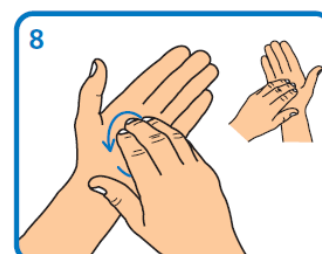
5 Rub palm to palm with fingers interlaced



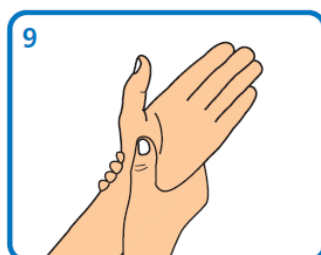
6 Rub with back of fingers to opposing palms with fingers interlocked



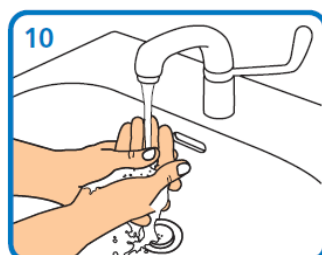
7 Rub each thumb clasped in opposite hand using a rotational movement



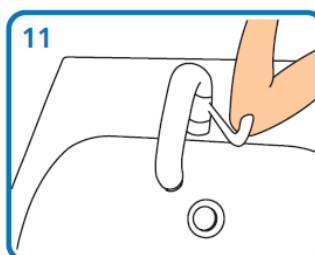
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



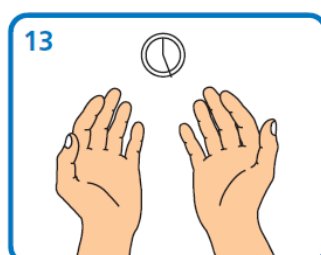
10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15–30 seconds