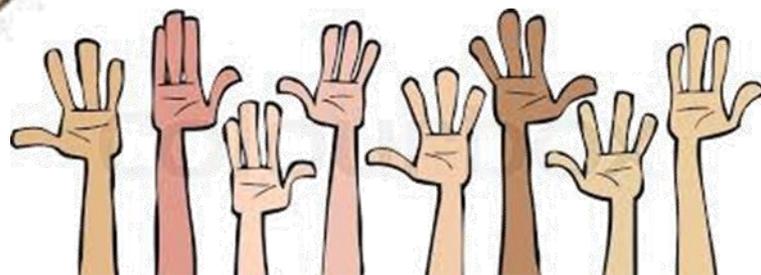


Clean Hands are Happy Hands!

Hounslow School
Nursing Service


Hounslow and Richmond
Community Healthcare
NHS Trust



What are germs?



Germs (or micro-organisms) are tiny living things.

If they get inside your body, they can make you ill.

NO!
**Germs are so small we
can't see, hear or
smell them!**



**Can you hear
germs?**

Can you see germs?

**Can you
smell
germs?**

Where are germs?

Germs are all around us!

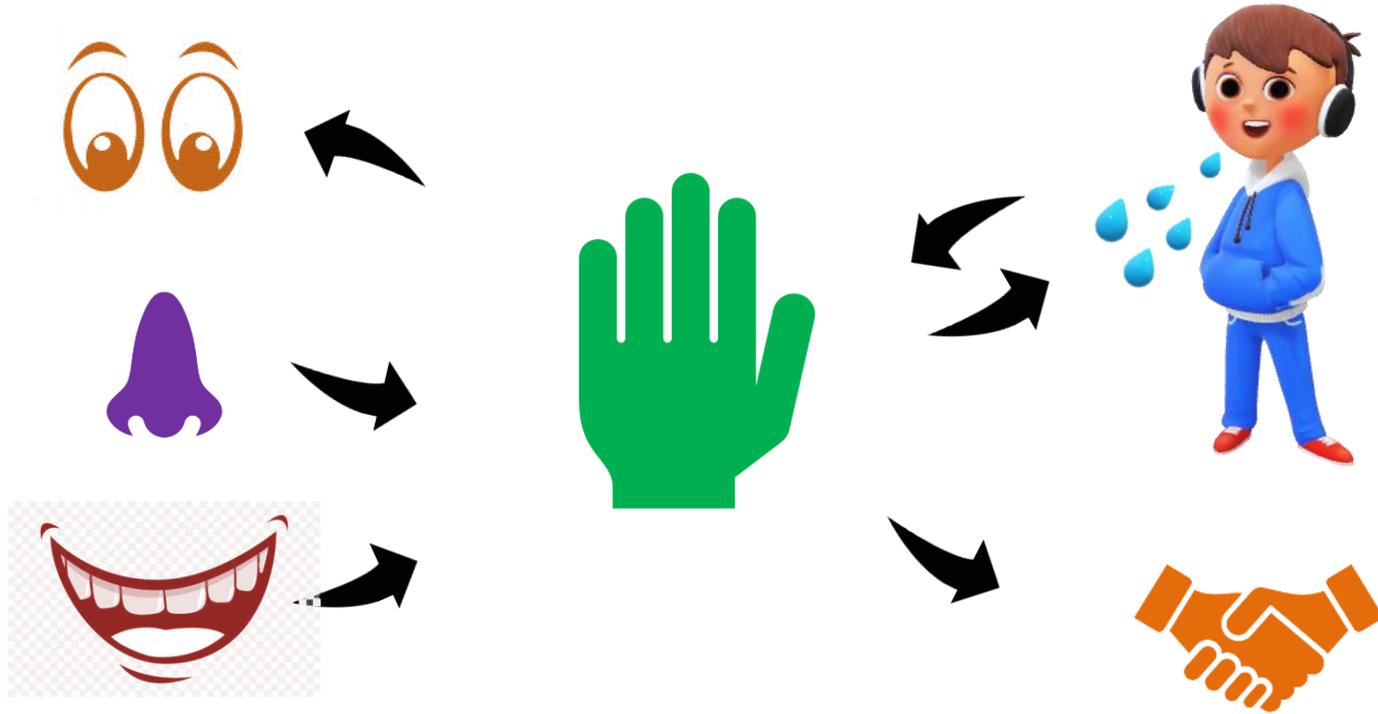
Some are good germs and some are not.

**Some dirt contains germs.
These can make us poorly if they get into our body.**

Some germs like to live on our hands!

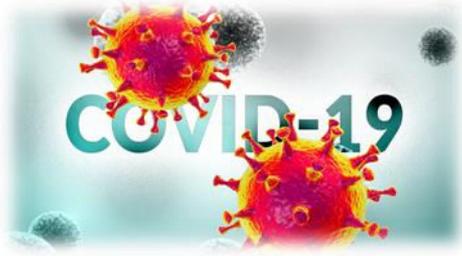


How are germs transmitted?



Germs can be passed from:

- Our hands to our eyes / nose / mouth
- Our hands on to surfaces
- Our hands to other people's hands
- Our nose / mouth on to surfaces



Coronavirus

- Coronavirus is a virus that spreads when you come into contact with tiny droplets from an infected person (usually through coughing or sneezing) or through touching a surface that has these tiny droplets on.



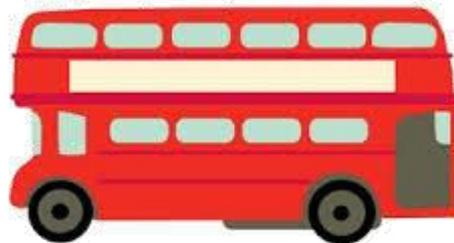
The best way to prevent coronavirus spreading is to wash your hands regularly for at least 20 seconds



When should we wash our hands?



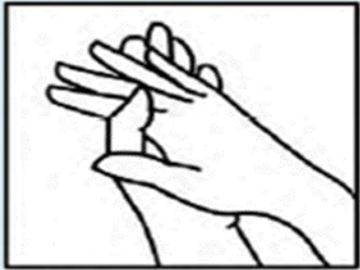
Downloaded from www.dreamstime.com



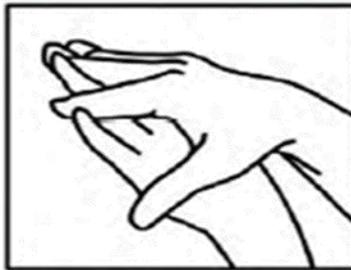
What do we need to clean our hands?



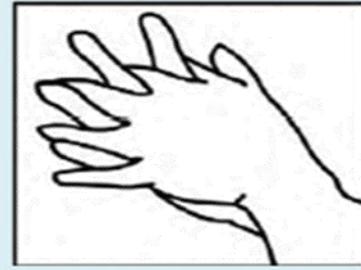
How to wash your hands!



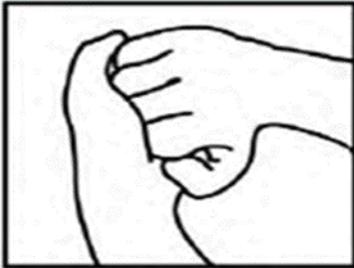
Palm to palm



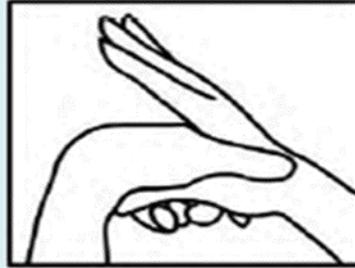
The back of the hands



In between the fingers



The back of the fingers



The thumbs

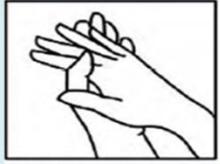


The tips of the fingers

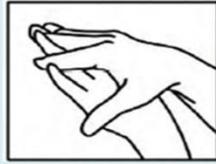
Areas most frequently missed...



- Areas most frequently missed during hand washing
- Less frequently missed
- Not missed



Palm to palm



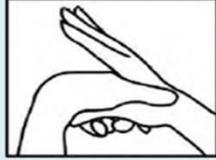
The back of the hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers



Can you show me how well you can clean your hands?

TRUE OR FALSE?

1	All germs are bad for us. <i>Some bacteria can be good for us!</i>	False
2	We can spread germs through sneezing, coughing, talking and singing.	True
3	Hand washing is the best way to prevent spreading germs. <i>Wash with warm water and soap for 20 seconds.</i>	True
4	The thumbs and tips of the fingers are the most commonly missed parts of the hands when handwashing.	True
5	Covid-19 is a type of bacteria. <i>Covid-19 (coronavirus) is a virus not bacteria.</i>	False

Videos



https://www.youtube.com/watch?v=LaePayB_pC4



<https://www.bbc.co.uk/newsround/51698180>