







## Additional Information:

To help keep yourself, and those around you healthy, here are some good hygiene tips!

-  Cough or sneeze into a tissue or your elbow, not your hands
-  Cover any cuts or scratches
-  Remind others to clean their hands
-  Stay at home if you are not well.

### Gloves?

Gloves provide a good barrier when dealing with blood and body fluids. Wear gloves on both hands when

-  changing nappies,
-  or anticipating contact with blood or body fluids

And remember, always clean your hands before and after glove use.

Children love to play and share equipment and toys, but these can carry many germs on them. Remember small children often put these shared items into their mouths.

Clean all shared toys and equipment regularly as determined by your workplace policy.

Ensure that there is either liquid soap and water or hand rub available in all areas to encourage the children to clean their hands regularly throughout the day.

As a role model you are responsible for cleaning your own hands whilst caring for children to help stop the spread of germs and infections.

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## Clean Hands All hands

Information for caregivers  
of children



# Clean hands, all hands

## What is Hand Hygiene?

Hand hygiene is a general term referring to the use of soap & water or a waterless hand rub to clean your hands.

## When should caregivers clean their hands?:

- ✎ At the start and end of every play session
- ✎ Before preparing/serving food
- ✎ Before and after assisting children to eat
- ✎ Before and after assisting a child in the toilet , or changing a nappy
- ✎ After blowing your nose, sneezing or coughing
- ✎ Before and after touching any cut, wounds or rashes ( yours, or the child )
- ✎ After handling dirty items  
e.g. handling rubbish
- ✎ After handling/patting animals
- ✎ When your hands are visibly dirty

## When should children clean their hands?

- ✎ At the start and end of each meal time
- ✎ After playing outside
- ✎ After handling/patting animals

Germs on our hands are invisible to our eyes, but when hands are visibly dirty, you should wash your hands with soap and water.

## How to wash your hands:

- ✎ Remove any jewellery that may stop you washing all surfaces of your hands
- ✎ Wet hands with warm running water
- ✎ Apply liquid soap
- ✎ Rub hands together to cover all surfaces  
don't forget in-between your fingers
- ✎ Rub hands together for 20 seconds
- ✎ Rinse hands making sure you have removed all the soap and bubbles
- ✎ Take time to dry your hands thoroughly  
with single use paper towel

This will usually take between 40-60 seconds.

When your hands are not visibly dirty, it is OK to use waterless hand rub to clean your hands.

## How to use waterless hand rubs:

- ✎ Remove any jewellery that may stop you rubbing all surfaces of your hands
- ✎ Squirt enough hand rub into your cupped hands to cover all surfaces
- ✎ Rub hands together to cover all surfaces  
don't forget in-between your fingers
- ✎ Keep rubbing your hands together until all areas are dry

This will usually take 20-30 seconds.

