



# Handwashing



# Learning objectives

- Understanding the importance of good hand hygiene
- Demonstrate an effective hand washing technique
- Illustrate the importance of taking responsibility for hand hygiene
- Outline why self care skills are important



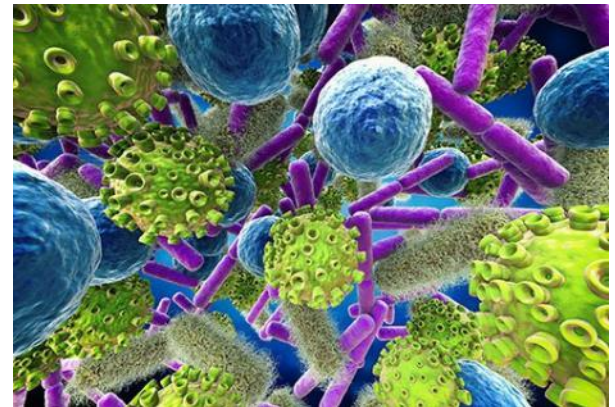


# What are germs?

The term "**germs**" refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease.

**Germs** are tiny organisms, or living things that make their way into our bodies without being noticed.

Once the **germs** are in our bodies we wouldn't know until you started to show symptoms of being unwell.





# There are four types of germs

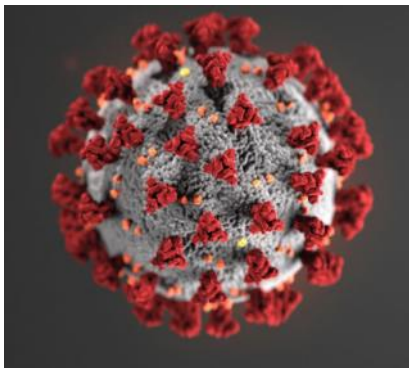
- Bacteria

GROUP A STREPTOCOCCUS  
causes a sore throat and  
rheumatic fever



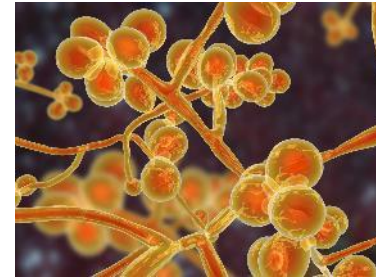
- Virus

Coronavirus- virus that  
causes an infection in  
your nose, sinuses, or  
upper throat



- Fungi

Tinea- organisms that  
reproduce by emitting spores  
on feet causing Athlete's foot



- Protozoa

Malaria- causes high  
fevers, shaking chills,  
and flu-like illness. Can  
be fatal





# Bacteria



Bacteria are tiny, one-celled creatures that get nutrients from their environments in order to live.

Bacteria can reproduce outside of the body or within the body.

Fact: There are between 2 to 10 million bacteria on your fingertips and elbows.

Bacteria can cause infections such as; ear infections, sore throats (tonsillitis or strep throat), dental cavities and pneumonia





# Viruses

Viruses need to be inside living cells to grow and reproduce.

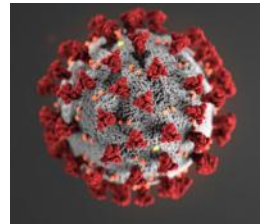
Most viruses can't survive very long if they're not inside a host. A host is a living thing such as; a plant, animal or person.

When viruses get inside a host, they can spread and make you sick.

Viruses cause chickenpox, measles, flu and many other diseases.

Viruses can live for a short time on objects such as door handles or countertops. Therefore it is important to practice good hand hygiene.

## WASH YOUR HANDS





# Fungi

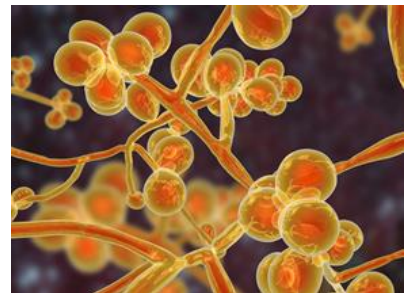


Fungi are multi-celled plant-like organisms.

Unlike other plants, fungi cannot make their own food from soil, water and air. Instead, fungi get their nutrition from plants, people and animals.

Fungi thrive from living in damp, warm places. Many fungi are not dangerous in healthy people.

An example of a condition caused by fungi is athlete's foot, an itchy rash that teens and adults sometimes get between their toes.

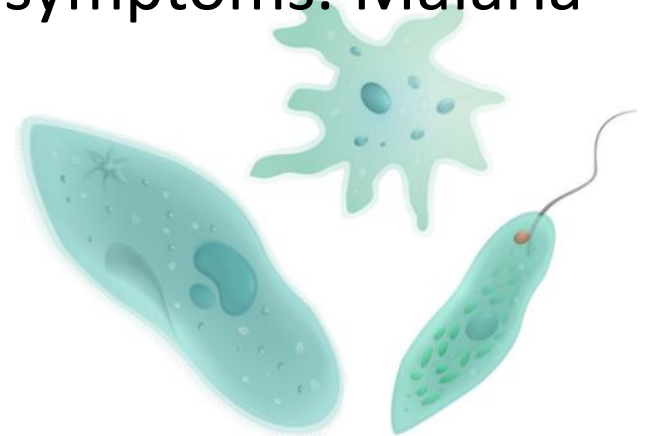






# Protozoa

One-cell organisms that love moisture, spreading diseases through water. Some protozoa can cause intestinal infections that lead to diarrhoea, nausea and stomach pain. Other protozoa germs are spread through a certain type of mosquito. If bitten by an infected mosquito, which aren't found in the UK, it can cause malaria, symptoms of malaria are; high fevers, shaking chills, and flu-like symptoms. Malaria can be fatal.



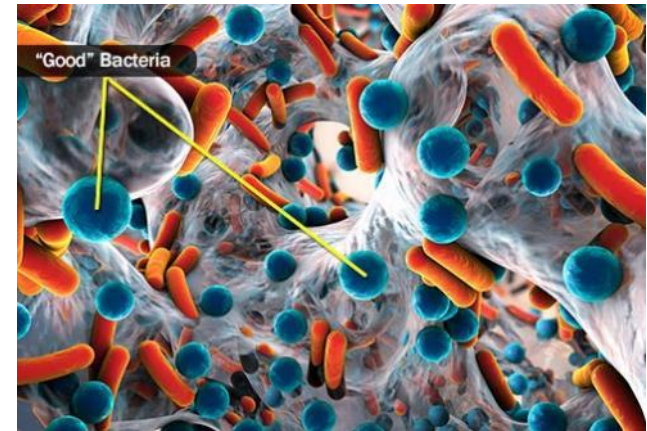




# Bacteria: Good or Bad?

Some bacteria are good for our bodies, they help keep things in balance. Good bacteria help our bodies digest food and absorb nutrients, and they produce several vitamins in the intestinal tract. We couldn't make the most of a healthy meal without the help of good bacteria.

Some bacteria are also used by scientists in labs to produce medicines and VACCINES .





# How do germs spread?

**Air Travel:** The most common ways that germs travel through the air are through coughing and sneezing.

**Close Contact:** Keep your distance from others to protect yourself from person to person transmission.

**Touching Infectious Material:** Body secretions such as nasal mucus or faeces can spread infection by passing from one person to another through touch.

**Household Pets:** Most people don't realize that there are a lot of germs that can pass from household pets to people.

**Insects:** Mosquitoes, fleas and ticks are common carriers of disease, transmitting germs from one person to another.

**Food and Water:** Contaminated food is a frequent cause of the spread of germs. Bacteria can grow in food if it's not properly handled or cooked. It can also infect water through animal or human faeces which get into the water supply.





# What can you do?

# WASH YOUR HANDS!

- 👉 After going to the toilet
- 👉 Before AND after eating
- 👉 After playing outside
- 👉 After coughing or sneezing
- 👉 After touching shoes
- 👉 Before AND after petting animals
- 👉 After touching anything that is already dirty/ sticky



# Steps to effective hand washing

## 10 STEPS TO CLEAN YOUR HANDS



1  
Wet hands  
with water



2  
Use soap



3  
Palm to palm



4  
Fingers  
interlaced



5  
Back of hands



6  
Base of thumb



7  
Fingernails



8  
Rotationally  
rub wrists



9  
Rinse hands  
with water

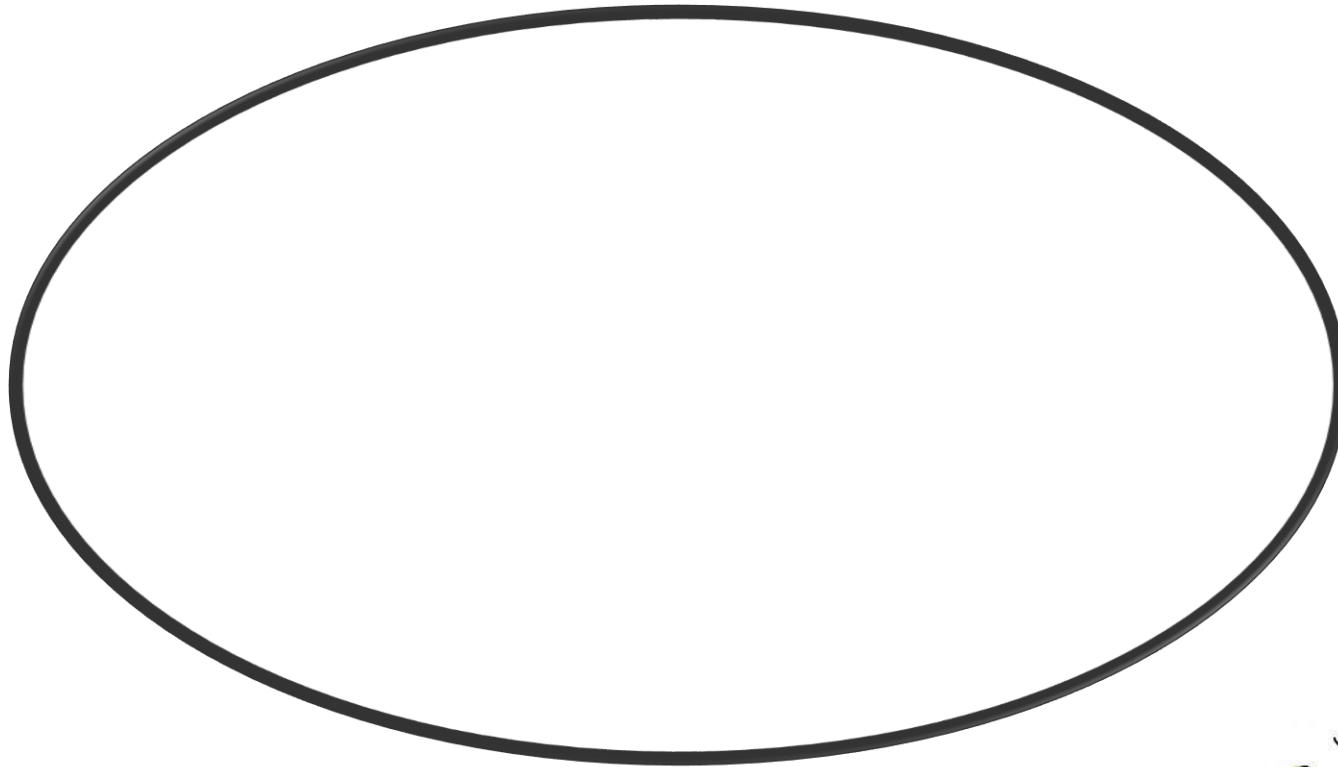


10  
Dry hands  
with towel

**You should wash your hands for at least 20 seconds!**



# Correct hand washing technique



<https://youtu.be/aGJNspLRdrc>

# HOW TO BE COVID SAFE



## CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



## BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



## KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



## DO

- ✓ Remember social distancing guidance
- ✓ Wash your hands as directed
- ✓ Use hand sanitiser gel if unable to wash your hands
- ✓ Cover mouth and nose with your elbow crease or tissue (not your hands) when you cough or sneeze
- ✓ Put used tissues in the bin immediately and wash your hands afterwards
- ✓ Removing your shoes when you enter your home
- ✓ Change into clean clothes when you return home after being in crowded places and make sure clothes are washed

## DO NOT

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean

## Face coverings:

Over 11's should wear face coverings. These are some places where you must wear a face covering:

- On public transport
- In shops and leisure facilities
- When you go to hospital appointments or visit someone in hospital
- As directed in school







# What have you learnt?



## 1. Name a type of germ?

Bacteria, Virus, Fungi, Protozoa

## 2. When do we have to wash your hands?

After going to the toilet, Before AND after eating, After playing outside, Before AND after petting animals, After coughing or sneezing, After touching shoes, After touching anything that is already dirty/ sticky

## 3. What do we wash our hands with?

Soap and warm water

## 4. What really important after we washed our hands?

Make sure they are dried with paper towels or clean towel

## 5. Can we see germs?

No





# Any questions?



# Useful contacts



## **Public Health Team**

01482 344301

## **Latest Covid19 guidance**

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)



Thanks for listening

