

WASH HANDS PROPERLY & OFTEN

This will help to stop germs and illnesses spreading

Wash your hands AND children's hands PROPERLY:

- ✓ Wash hands with SOAP and RUNNING WATER
- ✗ Do not wash hands in a bowl of water as this might spread germs. If you don't have running water, use a plastic bottle to make a TIPPY TAP.
- ✓ Make sure you and each child spends AT LEAST 20 SECONDS washing hands EVERY TIME (you can ask them to sing a song - like happy birthday 2 times!)

Wash your hands AND children's hands OFTEN:

- ✓ At the START OF THE SESSION once all the children have arrived and BEFORE you do any activities
- ✓ Before PREPARING FOOD
- ✓ Before EATING snacks, meals or drinks
- ✓ After TOILET USE
- ✓ After COUGHING OR SNEEZING
- ✓ After looking after a child who is SICK OR INJURED

