

Guidance for hand hygiene

Hand hygiene is essential before and after all direct contact with a child and after cleaning equipment and the environment

To wash your hands:

You should wash your hands for the time it takes to sing "**Happy Birthday**" twice (around 20 seconds):

1. Wet your hands with water.
2. Apply enough soap to cover your hands.
3. Rub your hands together.
4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
5. Rub your hands together and clean in between your fingers.
6. Rub the back of your fingers against your palms.
7. Rub your thumb using your other hand. Do the same with the other thumb.
8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.
9. Rinse your hands with water.
10. Dry your hands completely with a disposable towel.
11. Use the disposable towel to turn off the tap.

You should ensure that children have immediate access to soap and water, particularly after the following activities:

- On arrival at the setting
- after use of the toilet
- before and after eating
- after returning indoors from outdoor play
- when moving from one activity to another
- after being in physical contact with other children
- after blowing nose, sneezing or coughing

Adults can use alcohol-based hand sanitiser when necessary. Use of hand sanitisers should be avoided for children, particularly very young children. If you do use them, please note you will need permission from parents.

Other measures you can take

Encourage staff and children not to touch their face.

For sneezes and coughs– '**Catch it, bin it, kill it**' is key. Disposable single use tissues should be used to cover the nose and mouth when sneezing, coughing or wiping and blowing the nose. Used tissue should be disposed of promptly in a separate double bagged waste bin and disposed of safely. Bins should be emptied, cleaned and disinfected regularly throughout the day. Consider how to encourage young children to learn and practice these personal hygiene habits through games, songs and repetition.

Additional Learning Needs

Some children with additional learning needs (**ALN**), and disabilities may require additional support in following public health advice or may find frequent handwashing distressing. Staff will know where this is likely to be the case and should consider how they can best support individual children.

Inform parents of your policies and procedures for hand hygiene and consider providing hand sanitiser for parents to use them at pick up/ drop off point