



One minute guide to...

HANDWASHING

What is it?

Washing your hands regularly is an easy, but effective way of reducing the risk of catching infections such as COVID-19. One of the ways bugs enter our bodies is when our hands come into contact with germs and then we touch our mouth, nose, or eyes, or eat food we have touched with our hands. So regular handwashing removes the bugs from our hands.

When?

It is important to wash your hands:

- Before, during and after food preparation.
- Before and after eating food.
- After using the toilet.
- After changing nappies, cleaning up after a child who has used the toilet or vomited.
- After blowing your nose, coughing, and sneezing.
- After touching a pet or animal food / waste.

What to do?

- 1) Where possible, use warm water and liquid soap to wash your hands.
- 2) Make sure you thoroughly rub your hands together covering all surfaces, including fingers, thumbs, and wrists with the soap. Do this for 20 seconds.
- 3) Thoroughly rinse and dry your hands

Please be aware: alcohol hand sanitisers are not effective at removing bugs that cause sickness bugs (vomiting and diarrhoea). Good hand washing is needed.

A video and further information about how to wash your hands is available from the NHS [website](#)

Further Information:

E-Bug is a range of resources available to help teach younger children about bugs and the importance of handwashing. Resources can be found at: <https://www.e-bug.eu>

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