

GOOD HAND HYGIENE IS ESSENTIAL

A delicious mud pie, a good-luck rock, or a friendly frog are just a few of the presents kids love to bring home, but behind these adorable gifts, millions of germs could be lurking.

Safefood have launched a new campaign which aims to teach toddlers the importance of hand-washing. Making hand washing fun for children and a part of their daily routine both at pre-school and home will prevent the spread of harmful bacteria. Children will learn to wash their hands after messy play, before they eat and after they use the toilet.

Using the simple steps of soap, rub, rinse and dry the campaign aims to instil good habits in children from an early age, developing a healthy habit for life. They have also produced a special hand washing song sung to the tune of Row, Row, Row your boat.

Further information is available on safefood.eu



The poster will be distributed to public and private nurseries, pre-schools and other resource centres.

It is widely accepted that there is a correct technique to good hand washing and separate studies from around the world show that good hand hygiene practices can reduce illness, sickness absence and the associated costs by up to 40%!

Good hand hygiene practice is an important part of disease prevention, but it is often not entirely effective as most people do not wash their hands well enough to prevent the spread of disease. Statistically around 75% of women and only 50% of men wash their hands after visiting the toilet.*

However, numerous studies continue to demonstrate that the correct procedure for hand washing isn't adhered to. So starting with the very young hopefully these statistics will improve in the decades ahead.

(*source International Food Hygiene vol 21 number 2 2010)

The correct procedure for hand-washing is:-



...and you should be able to sing TWO verses of "Happy Birthday" in the time it takes to wash your hands effectively!

As Good Hand Hygiene is a must... have some fun with the kids whilst spreading the message!

Word Search

S	A	M	D	F	W	P
O	C	T	R	S	A	K
A	T	R	Y	H	T	D
P	S	I	U	P	E	C
G	T	F	P	B	R	Z
H	S	A	W	R	Q	X
A	Z	L	A	P	O	W
N	B	E	R	W	L	R
D	X	S	M	N	L	I
S	D	F	P	A	F	S
Q	J	Z	D	E	V	T
F	I	N	G	E	R	S

Find these words in the puzzle:

- Soap
- Warm
- Water
- Scrub
- Wash
- Fingers
- Wrists
- Hands
- Dry