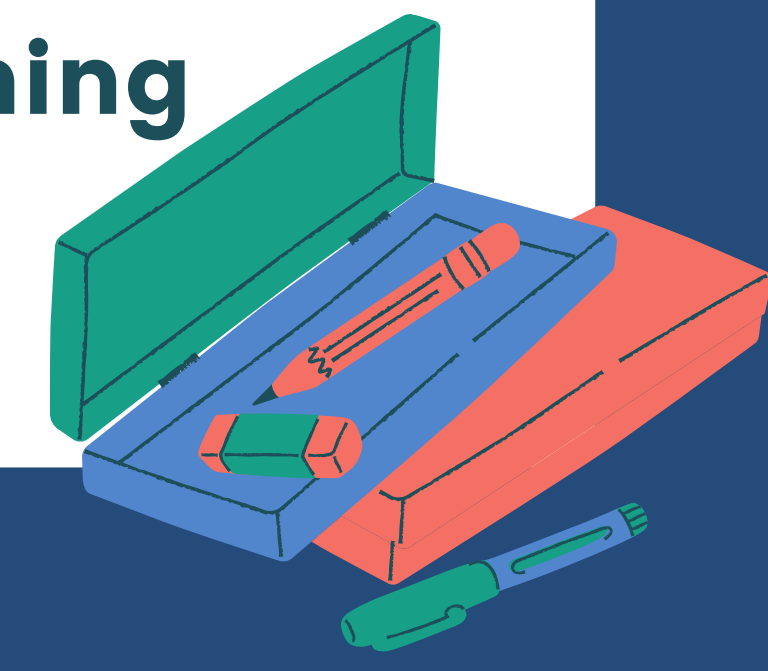


Near North

District School Board

A Covid -19 Teaching Resource - Hand Washing



Welcome Back!

School has changed because of the Coronavirus

- Staff and students may be wearing masks.
- Everyone will have to wash or sanitize their hands regularly and avoid touching their face.
- We will all have to physical distance – stay 2 meters apart.
- We can't touch other people or their belongings.
- We can not share food, drinks or anything from home.
- We will have to change our greetings.



Let's Talk about Hand Washing

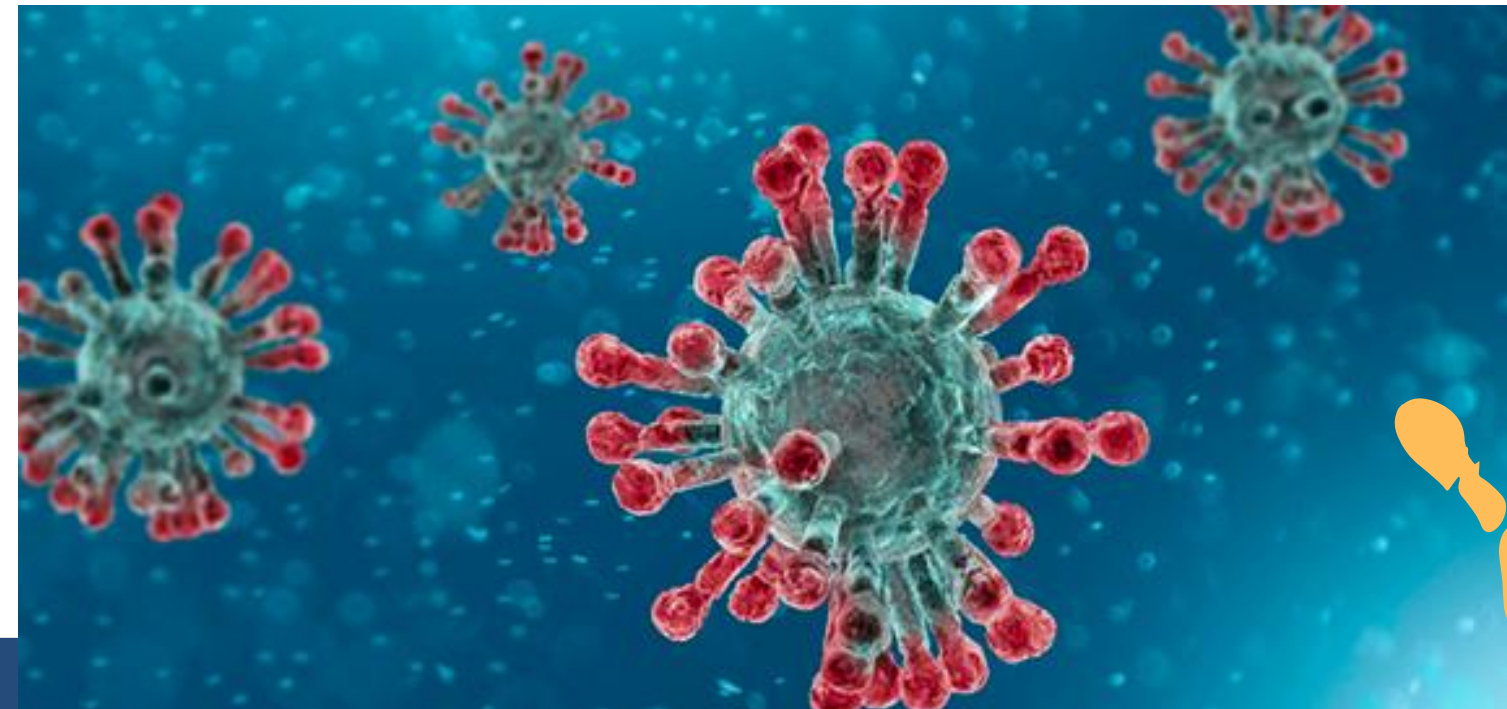


You MUST wash your hands regularly.

Sometimes dirt is very easy to see.



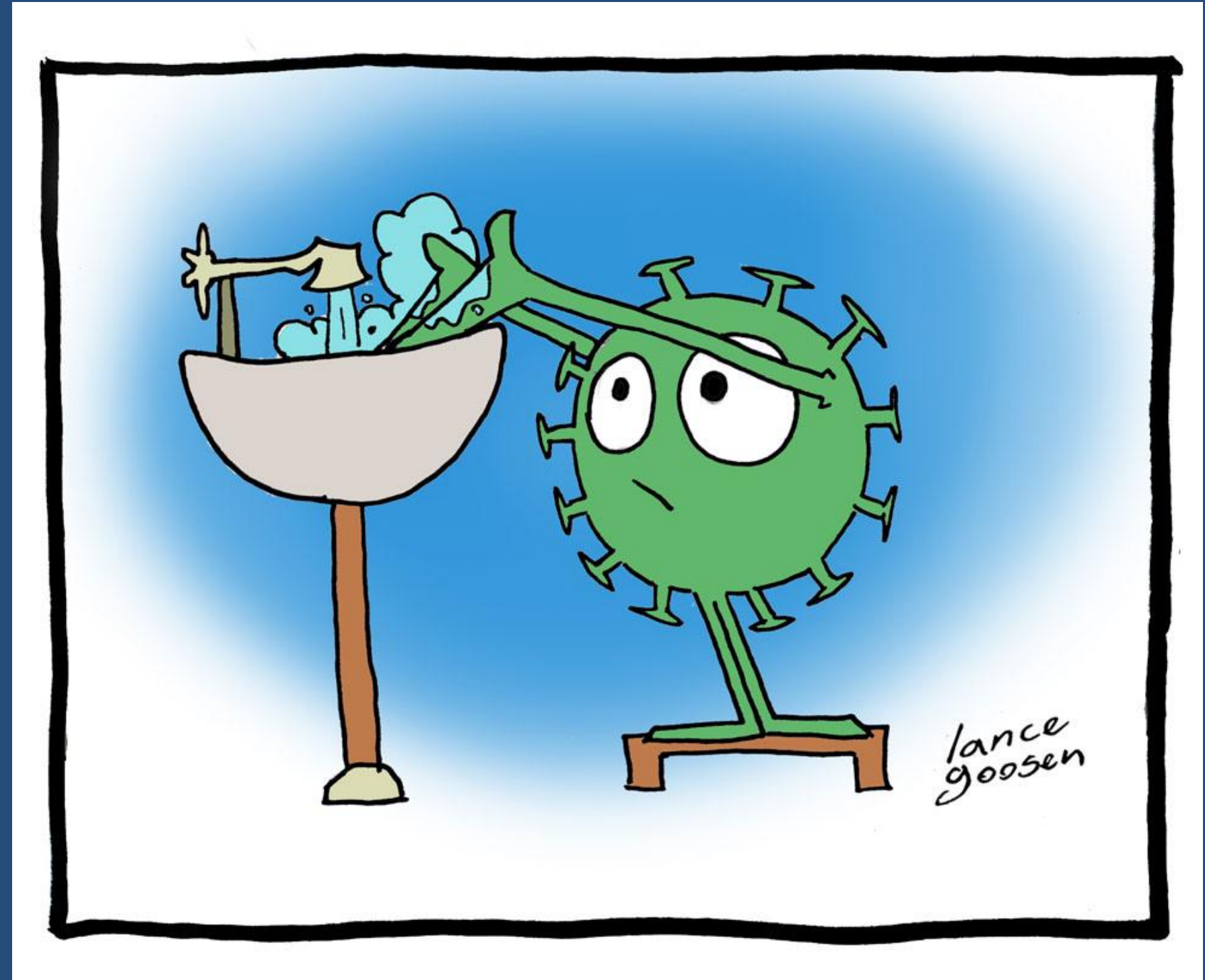
Sometimes you can't see the dirt. It is very small. This kind of dirt is called germs.



Germs can make you sick.

Wash away the germs.

- Wash before and after eating.
- Wash after using the bathroom.
- Wash when you get to school.
- Wash before and after activities.
- Wash if you cough or sneeze.
- Wash when you get home from school.

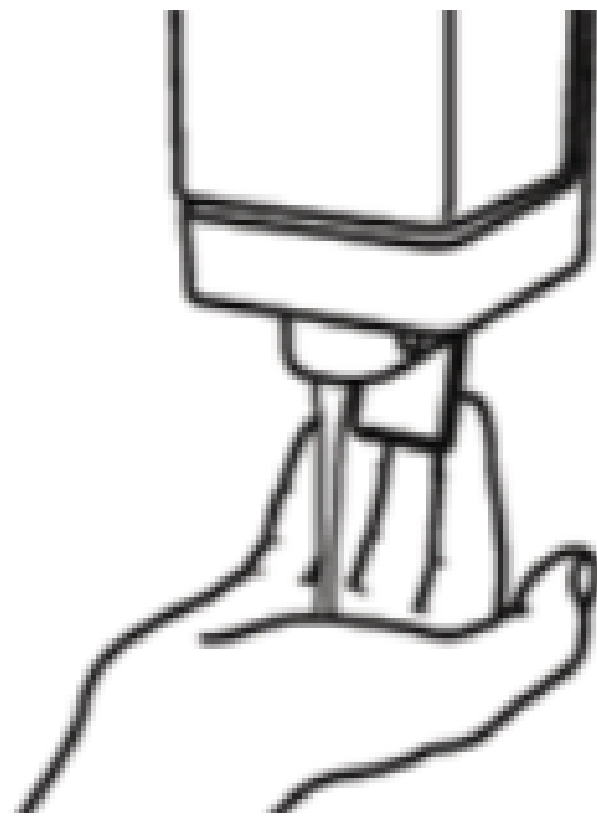


How to Wash your Hands

Wash with Warm Water



Always use Soap

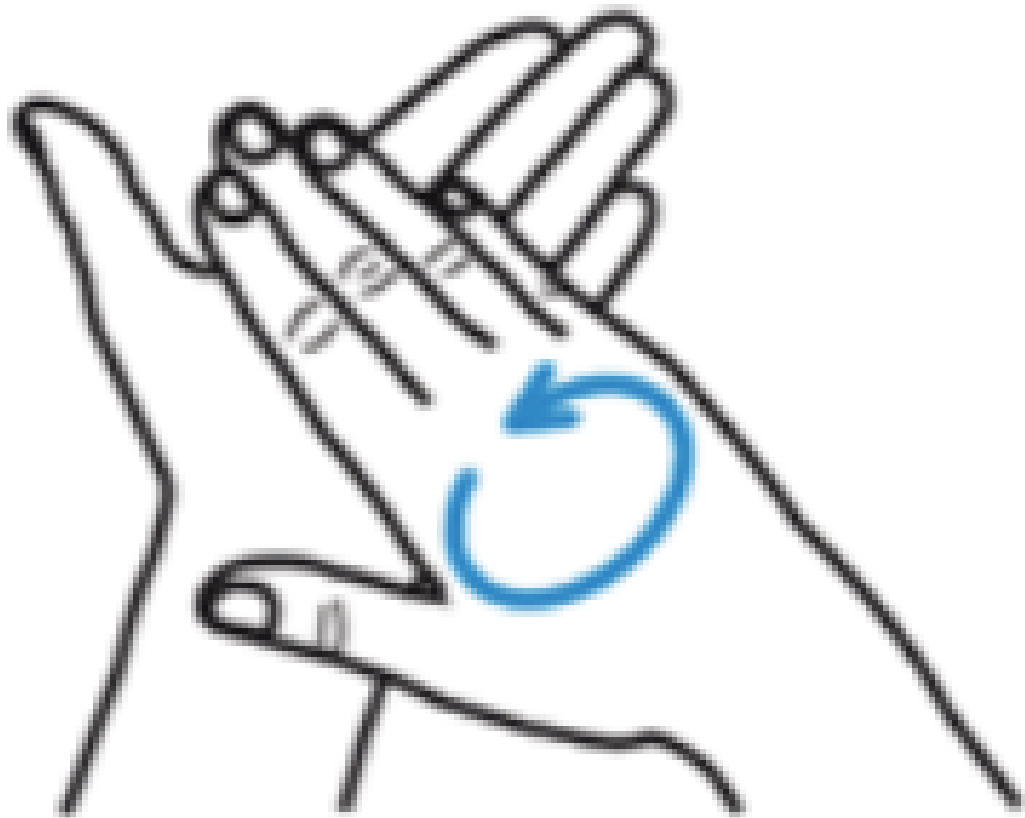


Scrub for 20 Seconds



Scrub Every Part of your Hands

Front



Back

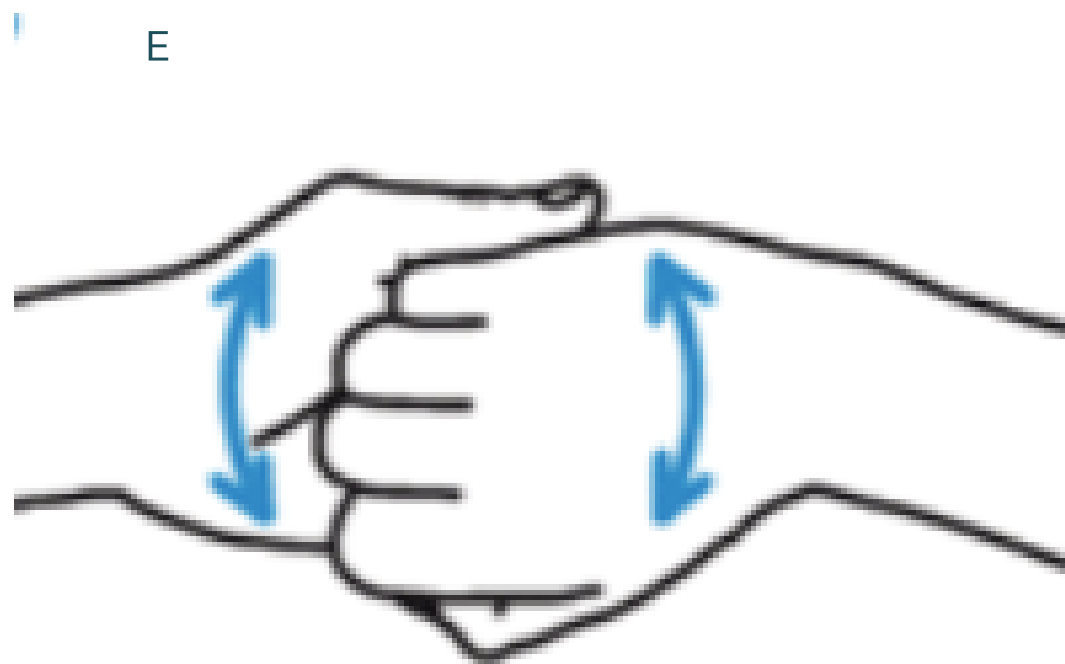


Between



Don't forget these parts

Fingers



Thumbs



Nails



Rinse, Dry and Turn off the Water

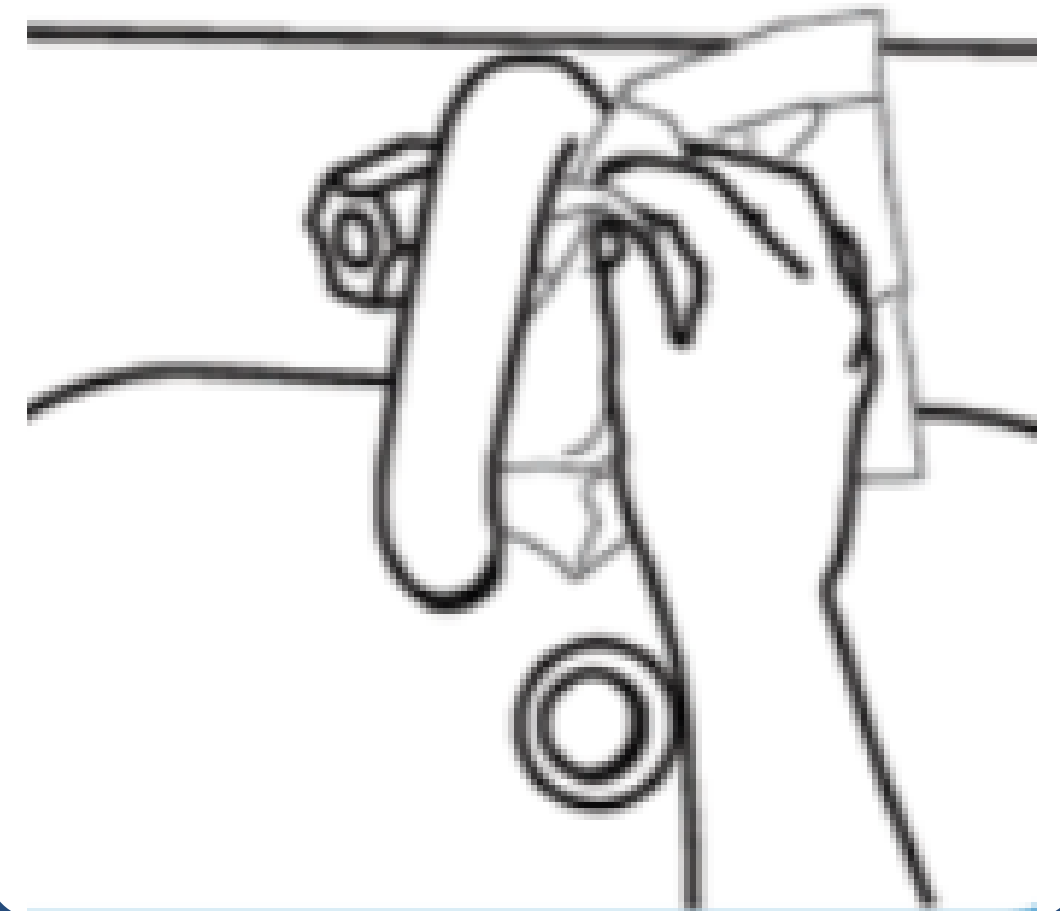
Rinse



Dry



Turn off the Water





**Watch
this
Video**

You may need to use the link below.

<https://www.youtube.com/watch?v=lisgnbMfKvI>



Is
everything
clear
so
far?



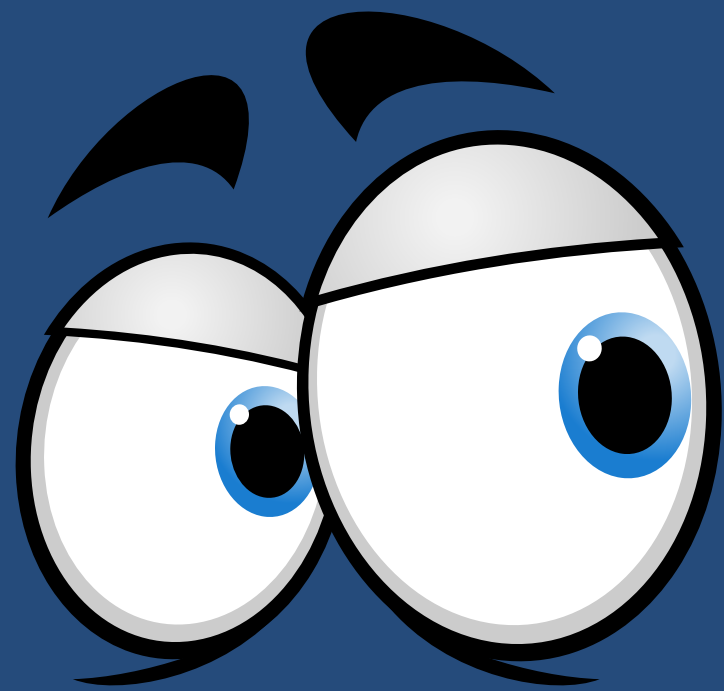
**What if I
don't have
soap and
water?**



**If you
don't have
soap and
water...**

**USE HAND
SANITIZER**





**Watch
this
Video**



You may need to use the link below.


<https://youtu.be/B3eq5fLzAOo>



Are there any Questions?



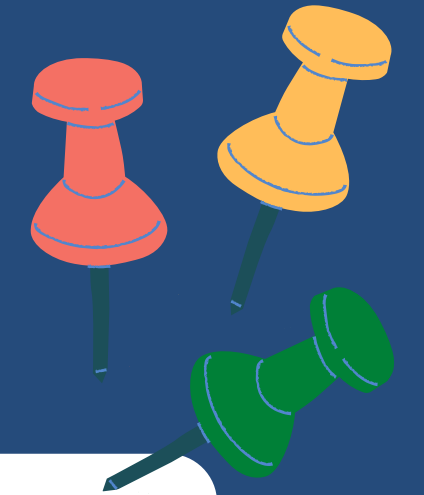
?







Let's Review



Wash your hands to stay safe.

Some dirt, like germs, are invisible.
Germs can make you sick.

Wash your hands regularly.

Wash before eating and after using the bathroom. Wash if you cough or sneeze.

Use Warm Water and Soap

Make sure you always use soap and wash your entire hand.

Scrub for 20 Seconds

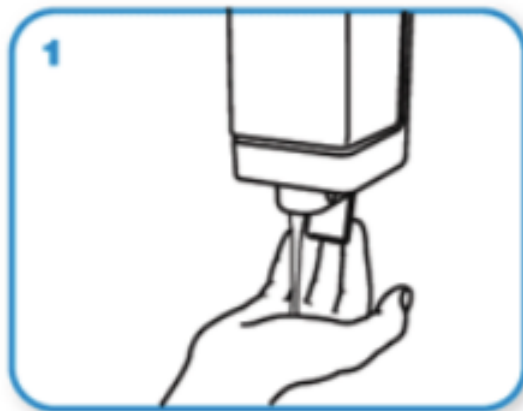
Wash the front and back of your hands
AND between your fingers.



Time to Practice!



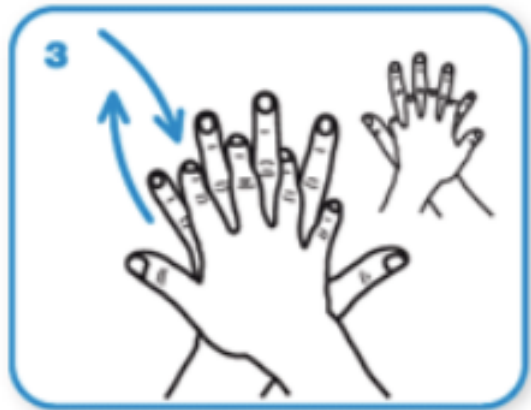
Wet hands with water



apply enough soap to cover all hand surfaces.



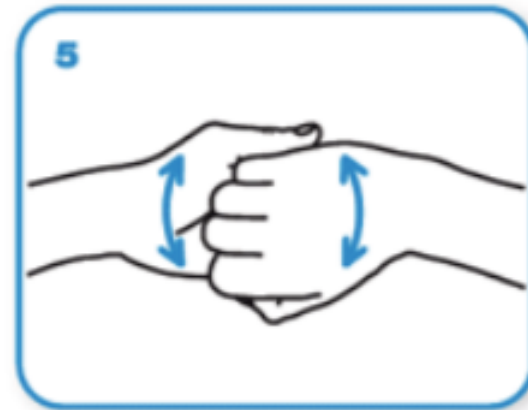
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water





**Thank you for
helping to keep yourself
and others safe.**



Sources:

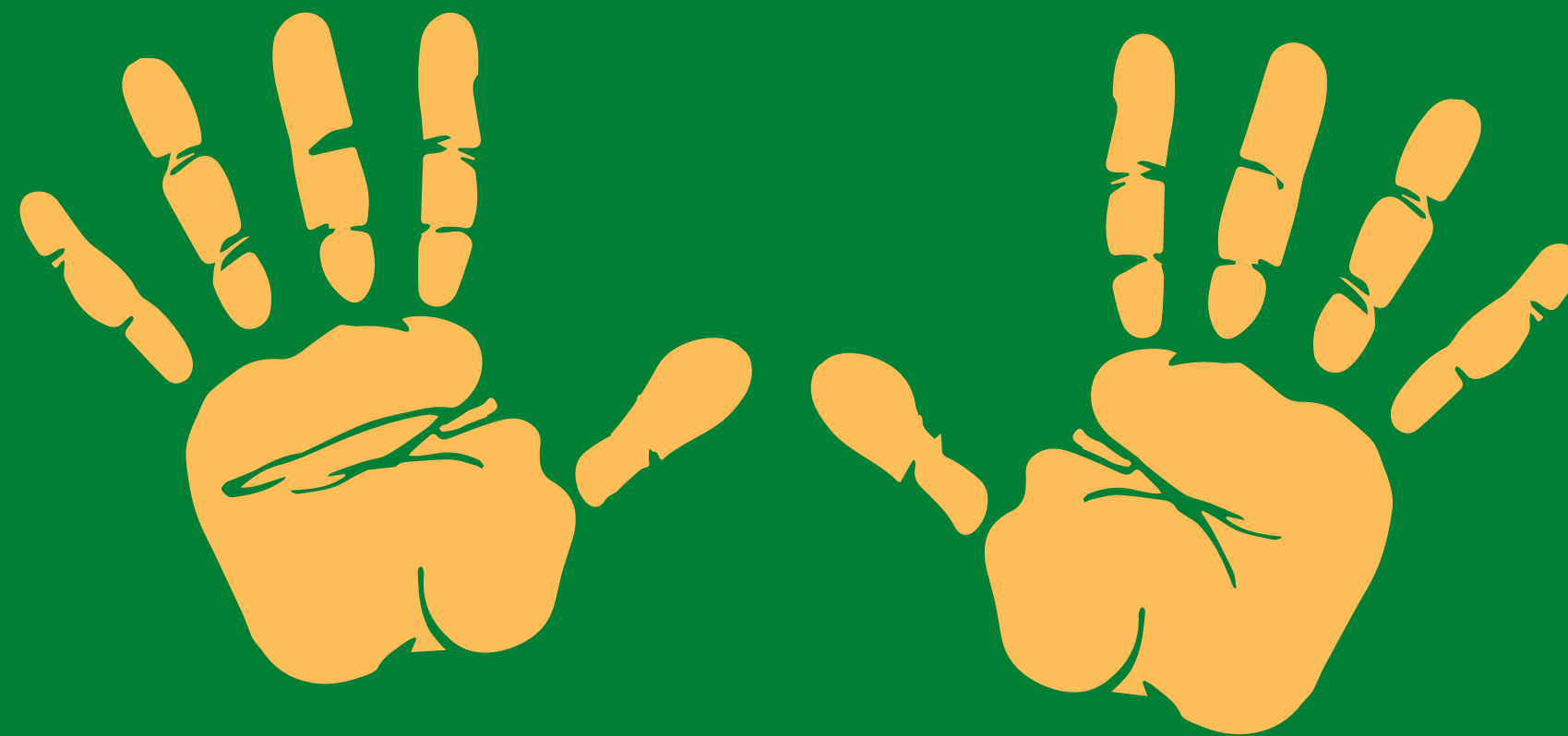
World Health Organization

- https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf
- https://www.who.int/health-topics/coronavirus#tab=tab_2

North Bay Parry Sound District Health Unit

- <https://www.myhealthunit.ca/en/health-topics/about-covid-19.asp>





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