

Coronavirus and The Importance of Personal Hygiene – Staying Safe



Hand Washing

- Wash your hands with soap and hot water for 20 seconds
- Wash your hands frequently and thoroughly
 - After visiting the toilet
 - Break time
 - Start and end of lunch
- Wash between your fingers
- Wash the back of your hands too!
- Remember to wash your thumbs!



Hand Sanitiser Gel

- You **are** allowed to bring your own gel in from home for **personal** use.
- Please keep your gel in your bag (if a large bottle) or in your pocket (if a small bottle).
- Staff will allow you to use hand gel during the school day.
- Please do not share your gel with other children.



Coughs and Sneezes

- Use a tissue for coughs and sneezes. All classrooms have tissues for you to use
- Bin the used tissue
- Wash your hands afterwards



Catch it!

Germs spread easily.
Always carry tissues and
use them to catch your
cough or sneeze.



Bin it!

Germs can live for several
hours on tissues.
Dispose of your tissue as
soon as possible.



Kill it!

Hands can transfer germs
to every surface you touch.
Clean your hands
as soon as you can.

Avoid touching your eyes, nose and mouth with unwashed hands.

