

# Action saves lives

WORLD HAND HYGIENE DAY

5 MAY 2026

Children & Carers



## ALWAYS WASH HANDS



**Before eating**



**After going to the toilet**



**After blowing your nose**



**After sneezing or coughing**



**After touching animals**



**If they look dirty**

## HOW TO WASH HANDS



**WET** hands with water



**SOAP** your hands



**RUB** your hands together for 20 seconds



**RINSE** your hands with water



**DRY** your hands with paper towel

## FOR CARERS

### ALWAYS

- Before and after giving medication
- Whenever hands look dirty

### BEFORE

- Preparing or eating food
- Preparing a bottle
- Helping children with eating or drinking

### AFTER

- Changing a nappy or helping a child with toileting
- Helping a child with wiping or blowing their nose
- Cleaning activities

### WEAR GLOVES\*

- When cleaning up bodily fluids
- When handling ready-to-eat food

\*perform hand hygiene before donning and after removing of gloves

### SAFETY FIRST

- Always supervise young children when they are using alcohol-based sanitiser to prevent accidental swallowing
- Store hand sanitiser out of reach of small children

