Dear parents and carers

Handwashing support

In line with our Critical Incident Plan for coronavirus, today we launched a new handwashing poster to help us remember the recommended technique for good hand washing. This poster combines all the important steps including rolling up sleeves, drying well and turning off the tap with a tissue.

We practised with xx (dentist) and xx (doctor) and the poster is available at every sink in school. A copy is attached for your information and in case your children ask for help with the techniques at home.

There is a great NHS video for children showing the soaping techniques that you may find helpful too: <https://www.youtube.com/watch?v=S9VjeIWLnEg>

For hand gels, the NHS and Public Health England advice is that an alcohol content of at least 60% should kill most viruses, but handwashing is better and kinder to skin.

Hand care

We know that many children are already suffering from dry, sore hands from repeated hand washing and/or hand sanitiser use. There are things that can help protect and repair the skin, and useful advice can be found from the British Association of Dermatologists here: <https://www.skinhealthinfo.org.uk/statement-on-coronavirus-and-skin-disease-affecting-the-hands/>

In essence:

* Wash rather than use gel if possible
* Dry hands thoroughly, patting dry is kinder to skin than rubbing dry
* Moisturise your hands overnight
* Use emollients after washing and during the day if needed (can be brought into school)
* Wear gloves for wet activities e.g. washing up, washing hair, cleaning
* Use barrier ointment for cuts/breaks in skin and see GP if skin is infected (oozing)

For people with eczema, the British Association of Dermatologists now advise that washing hands with emollients may not be as effective as using soap for removing coronavirus. More information from the National Eczema Society can be found here: <https://eczema.org/blog/advice-on-coronavirus-covid-19-for-people-with-eczema/>