



- Hello and intro
- After school, university, learnt how to be a dentist/dr, our job for many years
- Every day saw lots of patients and there was something really important we had to do a lot.
- It is something that you have all been doing a lot more recently.
- Can you guess what it is?

Wash our hands!



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Why do we need to wash our hands?

Get rid of dirt and germs/bugs we can't see
Help stop us spreading germs and getting ill



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For all the careful handwashing you have been doing recently

There are lots of steps to remember when you wash your hands!

We've made something to help you remember them so you keep washing your hands properly

**Have you spotted
something new
near the sinks?**



Overview of sections:

Top blue, getting ready to wash

Middle orange, the six steps and singing

Bottom green, finishing up properly (so you don't pick germs up again and so you keep your skin happy)

Getting ready...



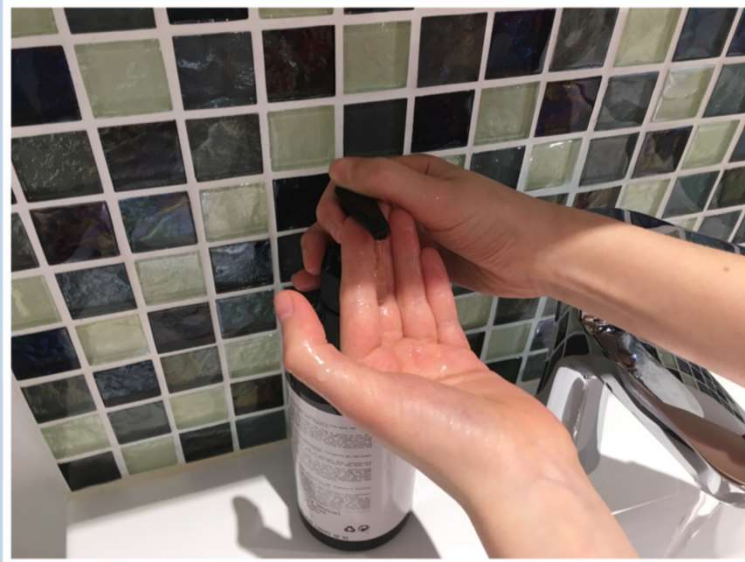
Sleeves



Water



Soap



The six steps...

Sing happy birthday...



1. palms



2. back of hands



3. between fingers

Sing happy birthday again!



4. backs of fingers



5. thumbs



6. nails

How long do we wash our hands for? 20 seconds

Why important to do all the six steps? So we wash every part of our hands and don't miss germs hiding anywhere

Some people make up other songs instead of happy birthday so if that works for you, go for it!

1. Palms



2. Backs of hands



3. Between fingers



4. Backs of fingers



5. Thumbs



6. Nails



And finally...

Finishing up...



Look for dirt



Rinse off soap



Dry well!



Turn off tap with tissue



Put tissue in the bin 😊



Look after your hands!

- If your hands are **red** and sore
 - tell someone
 - use moisturiser
- Try to wash instead of using hand gel
- Use moisturiser at night



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Run through all together. Anyone's birthday? If not sing to e.g. Head