

World Hand Hygiene Day 2021

Thank you for joining the Infection Prevention and Control Team for a short presentation about Hand Washing.



Hand Washing

Washing our hands has always been important to prevent the spread of microbes, otherwise known as germs.

During the last year, the coverage of hand hygiene has been helpful in encouraging and reminding about how important it is.



But there's still more we can do...

What we will cover:

- History of hand hygiene
- Technique
- Reminders why it is so important
- Resources

Who are these?



History of Hand Washing

- The link between handwashing and health was first made almost 200 years ago.
- Ignaz Semmelweis, a doctor working in Vienna General Hospital, is known as the father of hand washing.
- He was first person to realise that keeping hands clean can really help prevent diseases being passed on in 1846.

History of Hand Washing

- A few years later during the Crimean War, Florence Nightingale was the new hand washing champion implementing handwashing in the war hospital where she worked.
- What Semmelweis and Nightingale promoted were not widely accepted until the 1980's where hand washing was really recognised nationally as a way to reduce the spread of infections.

About our hands...

- Our hands naturally secrete oil which helps keep our skin moist and stops it getting too dry.
- This oil provides a perfect place for microbes to grow and multiply and also helps microbes (germs) 'stick' to our skin.



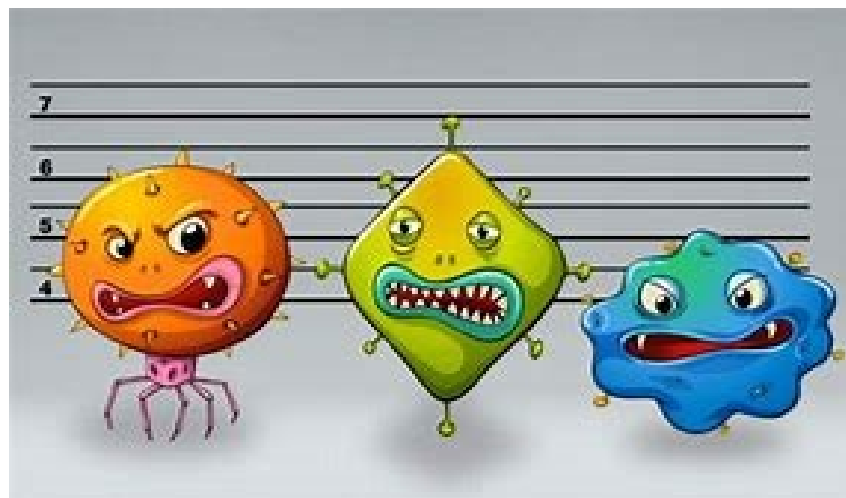
Microbes/Germs



- Microbes are living organisms
- They are so small we need a microscope to see them
- They come in different shapes and sizes
- They are found EVERYWHERE!!
- Some microbes are useful and good for us
- Some microbes can make us ill

Bacteria

- They are so small that 1000's of bacteria could fit on the full stop at the end of this sentence.
- Some are helpful in cooking eg making yoghurt and cheese.
- Some bacteria are harmful and cause infection.



Viruses

- Viruses are even smaller than bacteria and can sometimes live inside bacteria.
- Some viruses make us sick.
- Diseases like chickenpox, flu and corona are all caused by viruses.
- Viruses can spread from one person to another but it depends on the type of virus.



**So how can we protect
ourselves?**

Wash Our Hands!!!!

Stop the spread of germs!



What goes on first?



Water vs Soap



Hand Hygiene

These are the most frequently missed parts when we wash our hands.



Technique



1) Wet hands under running water



2) Apply soap and rub palms together



3) Back of hands



4) In between fingers



5) Grip fingers



6) Thumbs



7) Fingertips



8) Rinse hands under running water



9) Dry thoroughly

When should we wash our hands?

To stop the spread of germs in your family, make regular hand washing a rule for everyone. It's especially important:

- before eating and cooking
- after using the bathroom
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing your nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

When in school?

You should wash hands with soap & water or hand sanitiser



After breaks
& sport
activities



Before
cooking
& eating



On arrival at
any childcare
or educational
setting



After using
the toilet



Before
leaving
home

Activities- Pepper



Dip your finger in the dish with soap water, making sure it's fully submerged. Now dip your soap-covered finger back into the dish of pepper water. You should see the pepper immediately move away from your finger. This demonstration mimics how germs are removed from hands with soap

Activity- oil



This experiment is to show how water alone is not enough to wash your hands effectively soap breaks down the grime and removes the germs from your hands.

Meet our Handwashing Mascot Giene!!



**LET'S
GET SMART
TOGETHER!**



Resources

- Ebug link- [e-Bug | England Home \(e-bug.eu\)](http://e-Bug | England Home (e-bug.eu))
- Our webpage - [Infection prevention and control - Lancashire County Council](#)

IPC Team

Any queries?

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Monday – Friday 8am – 5pm

Thank you for joining and listening...

