

# School Announcements: Handwashing



The following messages can be used for announcements and adapted for posters, newsletters, etc. to promote handwashing throughout your school!

- Good morning **school name**, it is cold and flu season which means that it is a great time to remind everyone about the importance of washing your hands! Did you know that handwashing is one of the most important things you can do to not spread germs to others?
- Did you know that if you have dirty hands that are not washed properly, these germs can make you sick AND you can spread germs to other people or to the surfaces that you touch? How can we help stop the spread of germs? Cleaning our hands often!
- Did you know? Germs are too small to see with the naked eye. That is why frequent and proper handwashing is so important! Avoid touching your face, especially your eyes, nose and mouth.
- Let's take time to review **some** of the moments for handwashing: 1) after using the washroom 2) after sneezing, coughing or blowing your nose 3) after handling garbage 4) before eating 5) before and after touching eyes, nose or mouth 6) whenever your hands are visibly dirty or feel dirty!

*Tip:*

have students create some fun messages about hand hygiene to share with their peers.



- Achoo (imitate a sneezing sound)! Does this sound familiar? The cold weather has arrived... and so have the germs. Reminder to **school name**, let's all do our part to help stop the spread of germs that make you and others sick. Cover your cough and clean your hands!
- Handwashing is so important to help keep **school name** healthy! Scrubbing the back of hands, between fingers, thumbs and around our fingernails for at least 20 seconds is an important step in the handwashing process.

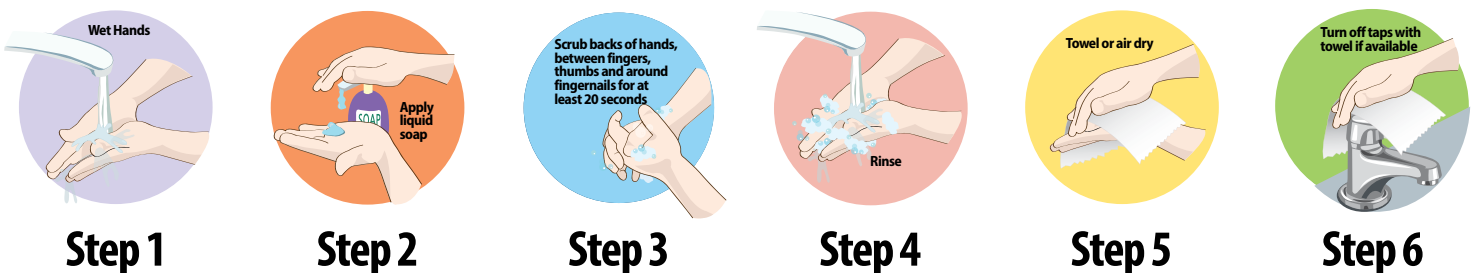
- At least 20 seconds of handwashing is so important! Think of this song the next time you wash your hands with soap and water to make sure you are scrubbing long enough:
  - If you're happy and you know it wash your hands. Scrub, Scrub. If you're happy and you know it wash your hands. Scrub, Scrub. If you're happy and you know it and you really want to show it, if you're happy and you know it wash your hands. Scrub, Scrub.
- Homeroom challenge time! Let's see which class knows the correct steps to wash your hands. Hint: There are 6. Once your class has the 6 steps written down, call down to the office with your answers and we will announce the first class to answer correctly.

**Answer:**

1. wet hands
2. apply liquid soap
3. scrub backs of hands, between fingers, thumbs and around fingernails for at least 20 seconds
4. rinse
5. towel or air dry
6. turn off taps with towel if available

Get creative with your morning announcements and messages to the school!

For more ideas and/or support with infection prevention and control promotion in your school contact your school's public health nurse, visit [durham.ca/schools](http://durham.ca/schools) or contact Durham Health Connection Line at 905-668-2020 or 1-800-841-2729.



Durham Health Connection Line  
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[durham.ca/health](http://durham.ca/health)



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If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729