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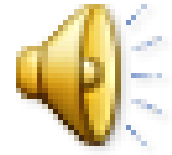
Click on the sound icon for
supporting narrative



Infection Prevention and Hand Hygiene

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Cadwaldr University Health Board



- Common ways to spread infections
 - Coughs and sneezes
 - Human contact – dirty hands





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Touch – hands



- We use our hands all the time
- Each day we pick up millions of microbes
- Many of these are completely harmless
- Some could be harmful
- We can spread these microbes through touch

Sneezing



- Sneezing is a way in which our body tries to get rid of any harmful microbes
- Microbes can get stuck in your nose hair and tickle
- When you have a cold or flu millions of virus particles rush out and land on your hands and surfaces around us



MAE FFLIW YN LLEDAENU'N HAWDD
FLU SPREADS EASILY

CURWCH
FFLIW
BEAT FLU

<p>EI DDAL</p> <p>defnyddiwch hances bapur i ddal eich peswch neu disian</p>		<p>CATCH IT</p> <p>use tissues to catch your cough or sneeze</p>
<p>EI DAFLU</p> <p>taflwch eich hances bapur cyn gynted â phosib</p>		<p>BIN IT</p> <p>dispose of your tissue as soon as possible</p>
<p>EI DDIFA</p> <p>glanhewch eich dwylo cyn gynted ag y gallwch</p>		<p>KILL IT</p> <p>clean your hands as soon as you can</p>

<p>Gall ffliw fod yn ddirifrol iawn. Y ffordd orau o osgoi'r ffliw yw cael eich brechu. www.curwchffliw.org</p>	<p>Flu can be very serious. The best way to avoid flu is to get vaccinated. www.bestflu.org</p>
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- By covering your nose and mouth with a tissue you help prevent the spread of germs



- Washing your hands is one of the best ways to STOP harmful microbes from spreading and preventing us from getting sick
- Water alone will remove visible dirt and grime, however soap is required to break up the oil on the surface of the hands which traps the microbes



- Hands should be washed
 - Before, during and after preparing food
 - After using the bathroom
 - After exposure to animals or animal waste
 - After coughing, sneezing or blowing your nose
 - If you're ill or have been around ill people



Open the link below to watch the video to remind you how to wash your hands properly

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Wash your hands with soap and water for 20 seconds.





Skin Care



- Eczema is a condition that causes the skin to become itchy, dry and cracked.
- It can be very tempting to scratch the affected areas of skin.
- Scratching can damage the skin, which can itself cause more eczema to occur
- Scratching can also cause bleeding and increase the risk of your skin becoming infected or scarred
- Emollients are moisturising treatments applied directly to the skin to soothe and hydrate it. They cover the skin with a protective film to trap in moisture.
- Use them after hand washing and before bed
- Drying your hands properly is as important as washing them

Activity One



- Print off the attachment titled activity one
- Don't look at the answer sheet just yet
- Complete the quiz
- Send to your school or ask someone to tweet and tag @sassijones and @eBug_UK

Activity 2

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www.curwchffliw.org

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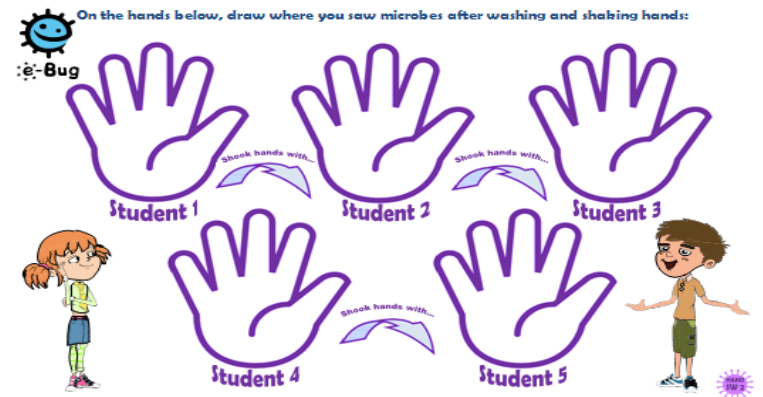
- Can you design a better poster than this ?
- Have a go and send it to your school and ask someone to put it on twitter and tag @sassijones and @Ebug_uk

Activity 3

- Cover your hands in cooking or an equivalent non harmful oil and sprinkle well with glitter or cinnamon
- The glitter or cinnamon are your fake bugs or microbes
- Shake hands with someone in your household and ask them to shake hands with the next person and so on
- Get them to show you your hands and record on activity sheet 2 where the bugs are on each person's hand

Repeat the experiment, but this time wash your hands with water alone after covering in glitter but before shaking hands

Repeat again but this time wash your hands with soap and water after covering in glitter but before shaking hands





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Thank you

In collaboration with @ebug uk and
healthy schools Conwy & Denbighshire
Please send evidence of your children's e-
bug activities to your school and copy me in

kailey.sassi-jones@wales.nhs.uk

www.e-bug.eu