



## HAND WASHING DAY-15<sup>TH</sup> OCTOBER -2022

### UNITE FOR UNIVERSAL HAND HYGIENE

October 15 is **Global Handwashing Day**, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.

GLOBAL HANDWASHING DAY IS AN OPPORTUNITY TO DESIGN, TEST, AND REPLICATE CREATIVE WAYS TO ENCOURAGE PEOPLE TO WASH THEIR HANDS WITH SOAP AT CRITICAL TIMES.

Students from **Middle School Grade 6** participated in Observing this day in our school. They **educated** us on these topics:

### When Are the Best Times to Wash Hands?

- Before and after food preparation
- Before eating
- Before and after caring for someone with vomiting or diarrhoea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After handling pet food or treats
- After touching garbage
- Anytime hands appear dirty or greasy

### Steps of Hand Washing



### Here Are Five Easy Steps for Washing Hands Correctly:

1. Wet hands with running water and apply soap. It doesn't matter if the water is warm or cold.
2. Lather soap, spreading it to the palms, between fingers and back of hands.
3. Scrub hands for 20 seconds. Sing a song if you need a timer. The ABC Song or Happy Birthday (twice through) work well.
4. Rinse hands with running water.
5. Dry hands with a clean towel. Air drying is also acceptable.





At the same time demonstration was done by students on the procedure adopted to wash hands.

They also sang a Song on Hand washing and its importance. Few Hilarious jokes were also presented. Students enjoyed and also learnt the importance of Hand wash. It was a successful event.

