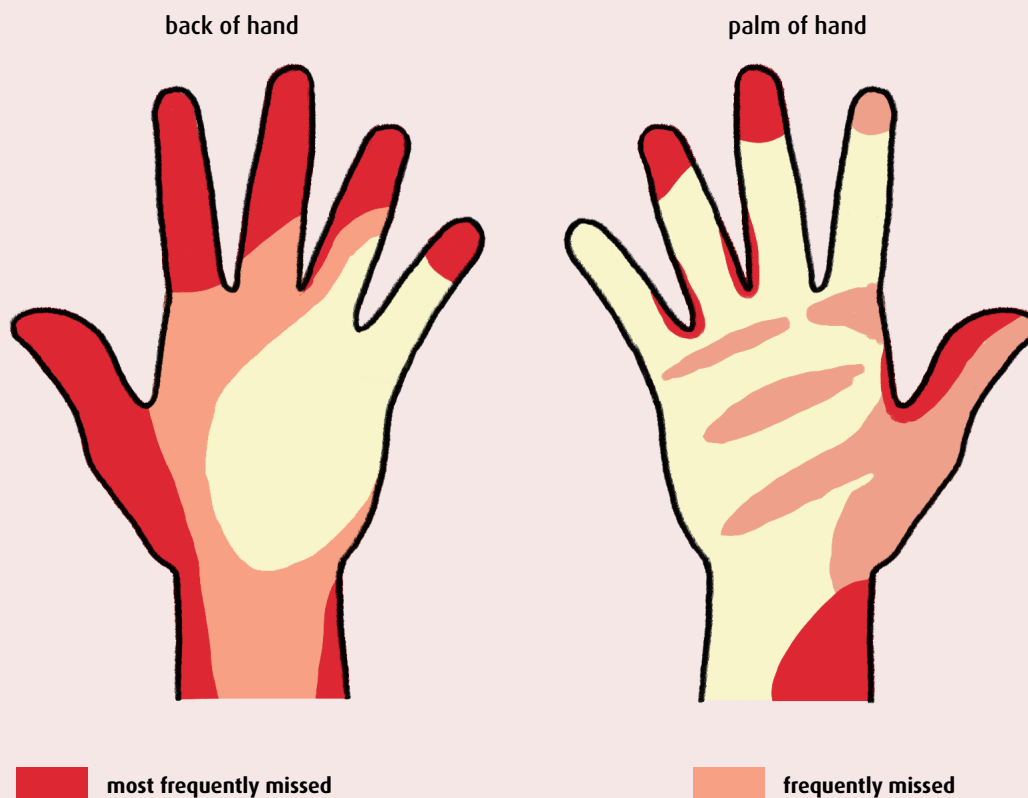


# Looking after your thumbs

(yes, really!)

Handwashing insights and tips  
for parents and guardians

## Areas most frequently missed during handwashing



Based on work by Taylor L (1978) 'An evaluation of handwashing techniques.' *Nursing Times*: Jan 12, 1978 (pp 54-55)

These materials have been created by one of the world's largest providers of handwashing behaviour change programmes, **Lifebuoy**, who have worked with NGOs and governments to reach over 1 billion people

Even before Covid-19 reached the UK,  
**39 million school days**  
**were lost from illness**

*Sources: UK national education departments, 2017-19*

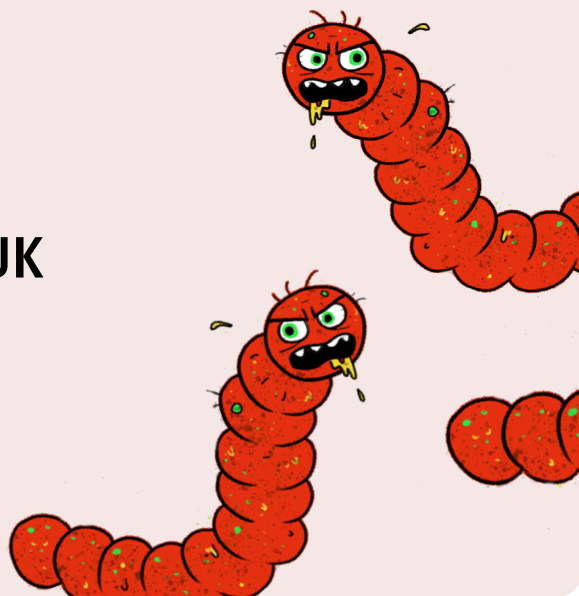


**600,000 – 1,000,000**  
people in the UK catch **norovirus**  
(vomiting bug) every year

*Source: NHS*

**Threadworms** are parasites in  
faeces that spread easily.

40% of young children in the UK  
could have had an infestation  
at some time. Handwashing  
prevents re-infestation.



*Source: [www.gponline.com/basics-management-threadworms/gi-tract/article/1073433](http://www.gponline.com/basics-management-threadworms/gi-tract/article/1073433)*

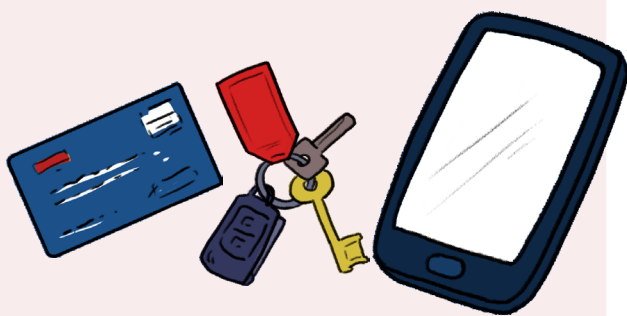


**Handwashing and sanitising with  
Lifebuoy soap and sanitiser helps all of  
us to stay one step ahead of infections.**

# Did you know?

## The germiest room in the home is usually the kitchen, not the bathroom

- Kitchen 'hygiene hotspots' include dishcloths, sponges and cutting boards. The floor is often cleaner than the sink!
- Other home 'hygiene hotspots' include phones, door handles, TV remotes, computer keyboards, toothbrushes, purses and wallets



## Remember: not all microbes are harmful - some are used to make food:

- Yeast (a type of fungus) is used to make bread and beer
- *Lactobacillus* bacteria are used to make yoghurt and cheese
- Indeed, people have been enjoying food and drink made from microbes for at least 25,000 years

The human gut is home to 1-2 kg of 'good' bacteria - that's as much as a bag of sugar!



## 12% of the UK population is left-handed...

- A right-handed person's right hand typically has more bacteria than their left hand
- BUT most right-handed people wash their left hands more thoroughly!
- AND many people often forget to wash their thumbs - (take another look at the hands on this front cover)



You can help to protect your home, and reduce the number of 'bad' germs that come in, by leaving them at the front door. Take off your coat and shoes then, straight away, wash your hands with soap and warm water for 20 seconds.



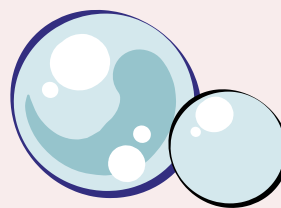
## Soap & warm water

are excellent at removing germs that hide in the dirt and oil on your hands.



**Wash your hands with soap for 20 seconds:**

1. after using the toilet
2. before eating
3. going into school
4. coming back into our home from outside



Look at your hands and focus as you wash, to make sure you clean each part. Remember these areas that some forget to clean:

- under your fingernails
- around your thumbs

## Sanitisers

kill germs, but they don't wash away the oil and dirt where germs hide

Sanitisers are best when you're out and about with no access to soap & water

**Use sanitiser:**

1. before getting into a car
2. before snacking
3. before and after using public transport



**Hand sanitisers need at least 60% alcohol to be effective**

**DO NOT SWALLOW.** Sanitisers should be stored out of the reach of young children and should be used with adult supervision.

## Further resources

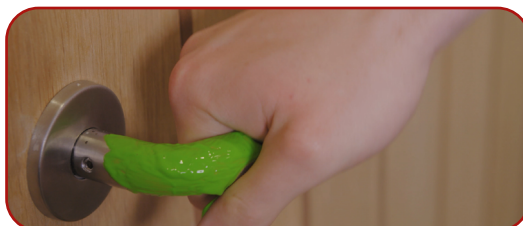
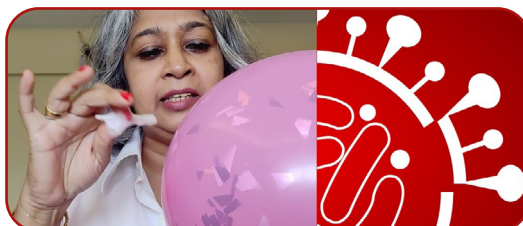
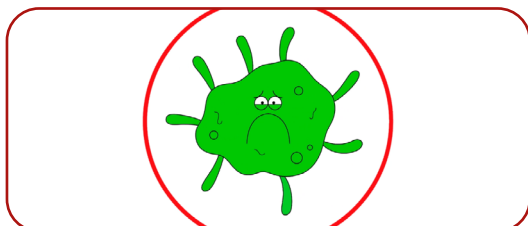
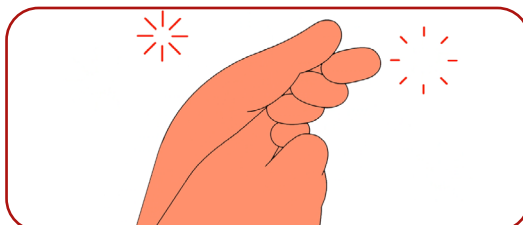
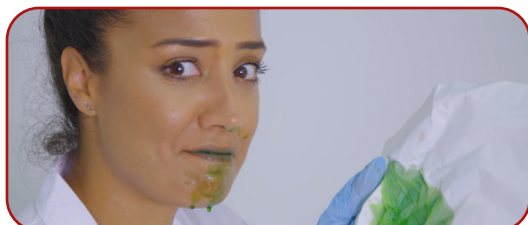
download from [Lifebuoy.co.uk](http://Lifebuoy.co.uk)

- Handwashing calendar
- Wash Like A Pro poster
- Digital comics



## Soaper Heroes Schools Programme on Youtube

Check out our Soaper Heroes [channel](#) for a host of fantastic videos and demonstrations that really bring the learning to life!





# About the creators of this resource



**Lifebuoy** runs one of the world's largest handwashing behaviour change programmes and has worked with NGOs and governments to reach over 1 billion people around the globe.

**Lifebuoy** was created in the UK in 1894 to provide an affordable way for people to protect against cholera.

**This resource has been developed with input from a wide range of people including:**

Chartered members of the **British Psychological Society**: Prof. Angel Chater (University of Bedfordshire); Prof. Lucie Byrne-Davis (University of Manchester) and Prof. Madelynne Arden (Sheffield Hallam University)

**Teachers and advisors** across the UK including Steve & Ana Banks, Megan Bellis, Fran Dunworth, Paul Gordon, Clare Mercer, Nicola S. Morgan, Helen Porter, Martin Staniforth.

APPROVED BY



ROYAL SOCIETY  
FOR PUBLIC HEALTH

**The Royal Society for Public Health** is an independent health education charity and the world's oldest public health body, with over 6,000 Members worldwide. Their vision is that every community, workplace and individual should have the opportunity to optimise their own health and wellbeing.



**The Global Handwashing Partnership** is a coalition of international stakeholders working to strengthen handwashing access and practice, as a pillar of international development and public health. Member organisations include government agencies, corporations, non-governmental organisations and academic institutions.