School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the COVID-19 outbreak, please phone 020 3691 1012 or email hrch.hounslowschoolnurses@nhs.net for free confidential health advice and support between Monday – Friday 9am – 5pm.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

⭐ Handwashing ⭐

Why is it important to wash our hands?

During a global pandemic like covid-19, washing our hands is one of the easiest ways to prevent the spread of germs and viruses.
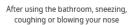
Ensure your child:

-Washes their hands with soap and water for 20 seconds.

-If using a hand sanitizer, ensure it contains at least 60% alcohol and rub into your hands for at least 20 seconds.

-Has their nose or mouth covered with a disposable tissue when coughing or sneezing, and disposed into a disposable rubbish bag- wash hands immediately after.

TIPS

-Give regular reminders for your child to wash their hands

-Lead by example by washing your hands

-Make it fun by making up your own song or game- There are also videos you can find on YouTube

-If soap and water is not available, use hand sanitizer

BE SURE TO WASH YOUR HANDS

After using the bathroom, sneezing, coughing or blowing your nose

Before eating meals or snacks

Immediately after coming inside from playing outdoors

Reminder: Children under the age of 11 are exempt from wearing face masks

https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings

⭐ Try this:

NHS

Hand-washing technique with soap and water

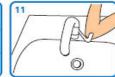|			
1 Wet hands with water	**2** Apply enough soap to cover all hand surfaces	**3** Rub hands palm to palm	**4** Rub back of each hand with palm of other hand with fingers interlaced
5 Rub palm to palm with fingers interlaced	**6** Rub with back of fingers to opposing palms with fingers interlocked	**7** Rub each thumb clasped in opposite hand using a rotational movement	**8** Rub tips of fingers in opposite palm in a circular motion
9 Rub each wrist with opposite hand	**10** Rinse hands with water	**11** Use elbow to turn off tap	**12** Dry thoroughly with a single-use towel

13 Hand washing should take 15–30 seconds

deanyourhands campaign

NHS National Patient Safety Agency

Find out more and visit:

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

https://www.youtube.com/watch?v=S9VjeIWLnEg NHS song: "How to wash your hands"

https://youtu.be/zxlQn7KaCNU "Washy Washy clean song"

⭐ Remember: Having clean hands reduces the spread of diseases like Covid-19. Make it a healthy habit during school, play and at home.