

## SW3 - Hand Hygiene Fill in the Blanks Worksheet

### Complete the sentences below using the key words

Our hands are naturally covered with \_ \_ \_ \_ \_ \_ \_ \_ that live on our

bodies and pick up millions more from our environment everyday.

Microbes can \_ \_ \_ \_ \_ \_ easily from child to child when we touch each other.

Although some microbes can be useful, others can be harmful and cause \_ \_ \_ \_ \_ \_ \_ \_ \_.

\_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ is the most effective way of reducing and preventing the spread of infection.

Washing our hands with \_ \_ \_ \_ and water at key moments removes any harmful microbes we pick up on our hands from our surroundings.

We should wash our hands for \_ \_ \_ \_ \_ \_ \_ \_ \_ , which is the length of the happy birthday song twice.

Washing hands in water alone will only remove \_ \_ \_ \_ and

grime.

If soap is unavailable, we should use \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ as long as there is no visible dirt/other substance on hands.

Key words:

Hand sanitiser, Microbes, Dirt, Infection, Soap, Hand washing,

Spread, 20 seconds