**Using Hand Sanitiser**

**What** is it?

**Why** do you use it?

|  |  |
| --- | --- |
| **Hand sanitiser** is something we **put** on our **hands** and can look like this. | **A picture containing mouse, clock  Description automatically generated**Hand Sanitizer, Corona, Covid-19, Virus   |

|  |  |
| --- | --- |
| It helps to get rid of **germs** that are on our **hands** and can make us **sick**. | Coronavirus, Virus, Sanitizer, Wash  |

**Where** do you use it?

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|  |  |
| --- | --- |
| If you are **not** near a **bathroom**, or at **home**, you can use **hand sanitiser** to **clean** your hands. | Child disinfecting hands with alcohol   |

**How** do you use it?

7.

|  |  |
| --- | --- |
| Make sure there is **NO dirt** on your **hands.** | A picture containing drawing  Description automatically generated A picture containing drawing  Description automatically generatedA picture containing drawing  Description automatically generated  |
| **Roll up** your **sleeves.** | 56 Roll Up Sleeves Stock Illustrations, Cliparts And Royalty Free ...  |
| Put on enough hand sanitiser to spread over your **hands and wrists.** | health care, prevention of infectious disease   |
| **Rub** your **hands together** with the hand sanitiser. | Rubbing Hands Together Clipart |
| Rub all over the **top of your hands,** **each finger**, **thumb** and **under your fingernails.** | Hands Back Isolated Images, Stock Photos & Vectors | Shutterstock   |
| Continue **rubbing** until your hands **feel dry** for at least 6. **20 seconds.** | Hands Rubbing Together Gently Illustration - Twinkl20 Second Timer – 123Timer  |
| Do **NOT** **rinse** your hands with water or **dry** them afterwards**.** | Dry Hands With Towel Clipart  |

**Why** is it important?

|  |  |
| --- | --- |
| To protect us from getting sick**, we must** wash our hands and use hand sanitiser **more** often. | Hands, Washing, Hygiene, WashVirus, Coronavirus, Corona, Covid-19    |

**Where** can you **keep** it?

|  |  |
| --- | --- |
| You can carry hand sanitiser in your **pocket**, or in your **bag** and use it when you are**outside** | A picture containing bag  Description automatically generated  |

**When**

should you **use** it?

|  |  |
| --- | --- |
| You should use hand sanitiser when you **enter and leave** aplace that is **not** your **house**. When you...  | * Go to the **supermarket**

Supermarket Exterior With A Car Illustration 76233839 - Megapixl* A picture containing colorful, toy, yellow, kite  Description automatically generatedGo to the **playground**
* Use a **bus or train**

A picture containing outdoor, blue, bus, parked  Description automatically generated  |

Don’t forget!

|  |  |
| --- | --- |
| If you are near a sink, wash your hands using **soap and water.** | Soap, Hand Washing, Hygiene, Washing Your Hands, Higiena Osobista, Cleaning, Finger, Gesture transparent background PNG clipart thumbnail  |
| Do **NOT** **touch** your **mouth or face.**  | Child , child transparent background PNG clipart thumbnail   |
| **Stay** more than **2m away** from other people when outside. | A drawing of a doll  Description automatically generatedA picture containing doll, toy, drawing  Description automatically generated  **2m** |

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**How to use a social story™**

Social stories™ are short, simple stories that help people to understand what is going on (Gray 2010).

During this pandemic, there has been a lot of change. Social stories are very helpful to understand some of these changes.

**Follow these steps when using this social story:**

1. Read this story before leaving your house to go to a public place***.***
2. When possible read this story to your child in a quiet and calm environment.
3. Tell your child what you will do, e.g. “This story is about using hand sanitiser. Let's read it together”.
4. Maintain a positive, reassuring and patient attitude when reviewing the story.
5. Review the story as often as required - some social stories will be reviewed once a day, others just before the situation for which they were written.
6. As your child gets used to the new situation and the story no longer seems necessary, you can phase out the story. For example, you can read it only when your child is having difficulty understanding why it is important to use hand sanitiserto refresh their memory.
7. It is a good idea to personalise this social story. The following are examples of how you can do this:
	* Pg. 4- Include places that your child likes to go and include pictures of that place
	* Change the colour of the background on each page to your child’s favourite colour
	* You can customize any page in the social story as long as the message remains consistent

We hope that you enjoy using this social story.



Reference: Gray, C. (2010) *The New Social Story™ Book,* Future Horizons: Texas.