

## Using Hand Sanitiser

**What is it?**

**Hand sanitiser** is something we **put** on our **hands** and can look like this.



**Why do you use it?**

It helps to get rid of **germs** that are on our **hands** and can make us **sick**.



**Where do you use it?**

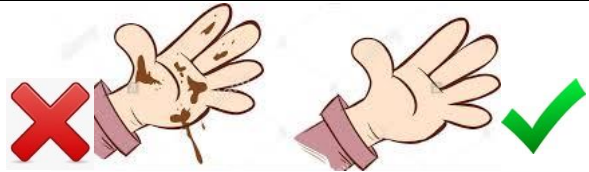
If you are **not** near a **bathroom**, or at **home**, you can use **hand sanitiser** to **clean** your hands.



How do  
you use  
it?

1.

Make sure there is **NO dirt** on  
your **hands**.



2.

**Roll up** your **sleeves**.



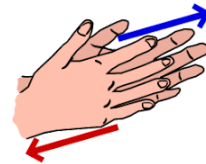
3.

Put on enough hand sanitiser  
to spread over your **hands**  
and **wrists**.



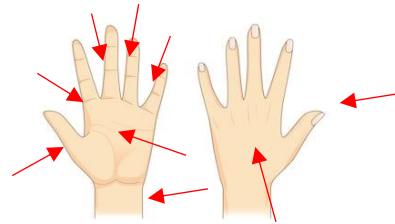
4.

**Rub** your **hands together** with  
the hand sanitiser.



5.

Rub all over the  
**top of your hands**,  
**each finger**, **thumb**  
and **under your fingernails**.



6.

Continue **rubbing** until your  
hands **feel dry** for at least  
**20 seconds**.



7.

Do **NOT**  
**rinse** your hands with water  
or **dry** them  
afterwards.



Why is it important?

To protect us from getting sick,  
**we must** wash our hands  
and use hand sanitiser  
**more** often.



Where can you keep it?

You can carry hand sanitiser  
in your **pocket**,  
or in your **bag**  
and use it when you are  
**outside**



When should you use it?

You should use hand sanitiser  
when you **enter and leave** a  
place that is **not** your **house**.

When you...

- Go to the **supermarket**



- Go to the **playground**



- Use a **bus or train**



Don't forget!

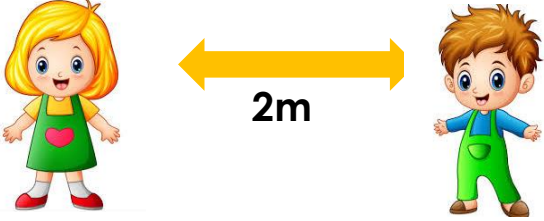
If you are near a sink, wash your hands using **soap and water**.



Do **NOT touch** your **mouth or face**.



**Stay** more than **2m away** from other people when outside.



Created by Jane Fitzpatrick, Student Speech and Language Therapist, under the supervision of Michelle O'Donoghue, SLT, CORU reg 018688

## 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 sanitiser to 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.