



School Nursing Weekly Newsletter: Covid19 edition

If you're aged between 11-19 years old and live or attend 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.hounslow.schoolnurses@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!



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

This week's health message;

★ Handwashing ★



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

Wash your hands more often than usual, for 20 seconds using soap and water particularly after: coughing, sneezing, blowing your nose, before you eat or handle food, when you get to work or arrive home. Use hand sanitizer if soap and water is not available.

Ensure you use a sanitizer that contains at least 60% alcohol and rub it into your hands for at least 20 seconds.



When else do we need to wash our hands?

- After using the toilet
- After touching door handles
- After touching pets
- After playing outside or in the park
- Whenever they feel dirty

Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have a tissue, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water for 20 seconds or use hand sanitizer.

If you can, wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet. Social distancing, hand washing and covering coughs and sneezes, remain the most important measures to prevent the spread of coronavirus (COVID-19).

From Monday 15 June 2020 everyone must wear a face covering when travelling by public transport in England





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:



Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



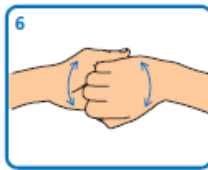
3 Rub hands palm to palm



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



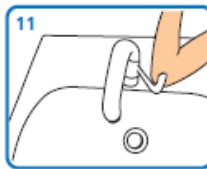
8 Rub tips of fingers in opposite palm in a circular motion



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



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=4ij1I00B2hk>

★ Remember: Having clean hands reduces the spread of diseases like Covid-19

