

HAND HYGIENE FOR SCOUTING MEETINGS



The number one way to stop the spread of germs is clean hands. Washing hands is the best form of hand hygiene, but hand sanitizing is also a good choice if soap and water are not available.

Remember, younger Sections will require support and supervision during the hand hygiene processes as they learn to do so properly.

It is essential to perform hand hygiene:

- When arriving and leaving a meeting
- After eating
- After handling common resources or equipment
- After an instance of skin to skin contact
- Before/after touching the face, especially the eyes, nose and mouth

In addition, regularly practice hand hygiene on the following occasions:

- Before eating
- After using the washroom
- After sneezing or coughing (encourage proper etiquette: use a tissue or fold of the arm)
- After handling unsanitary objects such as garbage
- Before and after administering first aid such as treating a wound or cut

HAND SANITIZER



Hand sanitizer is a close second when soap and water are not available. Hand sanitizer is simple and easy to use; just apply a generous drop of hand sanitizer to palms and rub it across both

hands (front, back and fingertips) and let dry.

- Use hand sanitizer containing at least 60% alcohol.
- Do not leave hand sanitizer unattended around Beavers or Cubs.

SOAP AND WATER HAND HYGIENE

Five steps to handwashing

1. Wet: Put both your hands under clean, running water.



2. Lather: Apply a generous amount of soap to the inside and back of your hands, as well as your fingertips. Wash your hands for at least 20 seconds—try singing happy birthday twice, or your Section could create a handwashing song of their own! Fingertips are especially important to lather as, on average, people touch their face 16 times an hour.



3. Scrub: Rub both hands together and move your fingertips around both hands. You do not need a scrub brush. You do not need to make harsh, scrubbing movements.



4. Rinse: Return both hands to the running water and gently wash away the soap.



5. Dry: Completely dry the water from your hands. Using a disposable towel (paper towel) is best to avoid leaving germs on towels. Air dryers, commonly found in public bathrooms, are also useful.



This [graphic](#) can also be a useful resource.

Thank you for your commitment to safe Scouting!