

# **Health is in your hands**

**Sundhed er I dine hænder**



**Engelsk**  
**Daycare facilities and schools**

**Sundhedstjenesten**

**Good hygiene habits** can reduce the risk of infection, and hence illness immensely – by up to 35 %. The Health Service has therefore decided to focus on hand hygiene in daycare facilities and schools. It is important that you, as parents, support the initiative at home. You can do so by being particularly careful when washing hands, by coughing and sneezing into the crook of your elbow and by airing your home.

## **Everything that the hands touch**

Sources of infection, i.e. germs, can sit on everything that we touch. For example:

- On door knobs
- On used handkerchiefs
- On toys/colouring pencils and pens
- On iPads and mobile telephones
- On pencils and other pencil case contents
- On pets
- In sand and soil
- On chairs and tables
- On the handrails in the bus

Can you think of other places where germs are to be found? In fact, there are lots of places where you can get germs on your hands during the day. Luckily, there is a place where you can get rid of them again – **and that is in the sink.**



## The best way to wash your hands

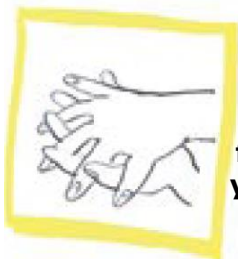
- 1) Wet your hands with water.
- 2) Use a good amount of soap and rub your hands well
- 3) Rinse your hands well with water and dry them.



**Palm against palm**



**Palm of your right hand over the back of your left hand and vice versa.**



**Between your fingers with your fingers**



**Rub your hands by hooking your fingers**



**Rub your thumbs**



**Rub the tips of your fingers back and forth with joined fingers**

**Remember your wrists**



## How we become infected

When a lot of people are gathered in one place, the risk of infection increases. What many illnesses have in common is that an individual can infect others before demonstrating signs of the illness him- or herself.

Some germs are spread through the air, but for the most part, they are transferred via the hands. This is true, for example, in the case of the common cold, diarrhoea, vomiting, conjunctivitis and threadworm (i.e. børneorm).

Germs can transfer from the hand to:

- The food
- Another hand and another mouth
- To toys and other mouths

## Coughing, sneezing and blowing your nose

"Cough and sneeze into the crook of your elbow – and avoid infecting others with your head cold". Most people use their hand to cover their mouth when they cough and sneeze.

However, this is in fact a bad idea as one's hand(s) get covered in germs and can infect others when one touches them or things they touch at a later point.



**Cough and sneeze in the crook of your elbow instead - That is how a lot of infections are avoided**

Wash your hands after blowing your nose

## **Air your house**

You should air all your main living rooms three times a day in order to reduce the number of germs. This means that there has to be a through draught for about 5 - 10 minutes. In addition, you ought to open a window for a moment from time to time. There should not be any condensation on the inside of your windows.

## **Get out in the fresh air**

All children should be outdoors as much as possible – for at least an hour a day, all year round. Dress according to the weather outdoors.

Luckily, most children think that it is fun being outdoors in all kinds of weather!



## **Daycare and school attendance**

The rules regarding daycare and school attendance have been defined in order to limit the spreading of infectious diseases. Sick children are therefore not allowed to attend daycare and school, and children with infectious diseases have to stay at home until they are well again. If a child attends school while sick, its immune system is not intact and it is at risk of developing complications in connection with the illness at hand or of becoming infected with a new illness. Children have to be in full health when they attend daycare or school, i.e. not have a temperature, be unaffected generally speaking and able to take part in activities as usual.

### **Infectious diseases in children and youth** (book)

The guidelines are addressed to both facilities, schools, parents and the health sector and include information and advice.

For more information (in Danish), please visit:

<http://www.sst.dk/publ/Publ2011/CFF/Sygdomme/SmitsommeSygdomme.pdf>

For more short videos on



the correct way to wash your hands  
etc., please visit:

<http://www.youtube.com/user/Hygiejneugen2010#p/c/27BE7D2E6523F891>

### **Further contact/guidance:**

You can reach a secretary on Mondays - Thursdays between  
8 a.m. - 2 p.m. by calling the following tel. no.: 7259 6720.

The head district nurse can be contacted by calling  
tel. no. 7259 6734 or e-mail to [nina.rasch@egekom.dk](mailto:nina.rasch@egekom.dk)

For more information, details and useful links, please visit:  
[www.sundhedstjenesten-egedal.dk](http://www.sundhedstjenesten-egedal.dk)

The District Nurses  
The Municipality of Egedal.

