**A Guide to Using Hand Sanitiser**

**What** is it?

**Why** do you use it?

|  |  |
| --- | --- |
| **Hand sanitiser** is a **liquid, gel or foam.** | Sanitizer, Soap, Hygiene, WashHand Sanitizer, Corona, Covid-19, Virus |

|  |  |
| --- | --- |
| It **reduces** the amount of **germs** that are on our **hands**. | Coronavirus, Virus, Sanitizer, WashHand Sanitizer, Hand Wash, Covid-19 |

**Where** do you use it?

|  |  |
| --- | --- |
| If you are **not** near a **bathroom**, or at **home**, you can use **hand sanitiser** to **clean** your hands. | A picture containing person, indoor, man, table  Description automatically generatedA picture containing indoor, person, holding, food  Description automatically generated |

**How** do you use it?

7.

|  |  |
| --- | --- |
| Make sure there is **NO dirt** on your **hands.** | A close up of a persons hand  Description automatically generated  A picture containing drawing  Description automatically generatedA picture containing drawing  Description automatically generated |
| **Roll up** your **sleeves.** | 3 Ways to Roll Up Your Sleeves - Gear Patrol |
| Put on enough hand sanitiser to spread over your **hands and wrists.** | A close up of a persons hand  Description automatically generatedWhy You Should Stop Using Hand Sanitizer | Time |
| **Rub** your **hands together** with the hand sanitiser. | Rubbing Hands Together Clipart |
| Rub all over the  **top of your hands,**  in **between 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?**

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| --- | --- |
| To protect us from getting **COVID-19/ Coronavirus,  we must** wash our hands and use hand sanitiser **more** often. | Corona, Covid-19, Mask, Nose MaskHand Washing, Soap, Wash, Hygiene, Clean  Coronavirus, Virus, Corona Virus, Crona |

**Which one** should you buy?

|  |  |
| --- | --- |
| The hand sanitiser should have **at least 60% alcohol.** | Hand Sanitiser Labels from Spec Systems  Label |

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

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| --- | --- |
| You can carry hand sanitiser in your **pocket**,  or in your **bag**  and use it when you are  **outside** | How to Wear Your Backpack for Back Pain PreventionBottle of Purell hygienic hand rub, hand gel, hand sanitiser, in ... |

**When**

should you **use** it?

|  |  |
| --- | --- |
| You should use hand sanitiser when you **enter and leave** a **public place**.  When you... | * Go to the **supermarket**   Supermarket Exterior With A Car Illustration 76233839 - Megapixl   * A picture containing building, man, front, large    Description automatically generatedGo to the **chemist** * Use **public transport**   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.** | Hand Washing, Soap, Wash, Hygiene, Clean, Faucet |
| Do **NOT** **touch** your **mouth or face.** | A close up of a person  Description automatically generated |
| **Stay** more than **2m away** from other people when outside. | Woman Cartoon png download - 512*512 - Free Transparent Stick ...Male Man Stick Figure Symbol Png Image - Clipart Man Silhouette ...  **2m** |

**Where** you can

**buy** it?



|  |  |
| --- | --- |
| You can **buy**  hand sanitiser  at the **chemist** or in the  **supermarket.** | A picture containing screenshot, sitting, television, table  Description automatically generatedA picture containing indoor, library, table, train  Description automatically generated |

|  |  |
| --- | --- |
| **Don’t worry** if it’s **sold out**.  Soap and water  work just as well! | A group of people posing for the camera  Description automatically generatedHand Sanitizer, Hazmat, Corona Virus |

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

A close up of a logo

Description automatically generated

**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 in a quiet and calm environment.
3. 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.
4. As you get 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 you are having difficulty understanding why you need to use hand sanitiser to refresh your memory.
5. 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 you like to go and include pictures of that place
   * Change the colour of the background on each page to your 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.

A close up of a logo

Description automatically generated

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