

## World Hand Hygiene Day 5<sup>th</sup> May 2025



The World Hand Hygiene Day 2025 theme is “It Might Be Gloves: It’s Always Hand Hygiene”.

This theme emphasises the importance of hand hygiene, even when gloves are worn, and highlights the environmental impact of overusing gloves.

Hand Hygiene is the single most effective action to prevent or reduce the spread of germs.

Hand Hygiene can keep you healthy and can prevent the spread of germs from person to person or from surfaces to people.

Always wash your hands:

- When hands are visibly dirty
- Before and after eating
- After using the toilet
- After touching animals or pets
- After blowing your nose, coughing or sneezing

### Useful websites:

[World Hand Hygiene Day 2025](#)

[How to wash your hands - NHS](#)

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

**07312 263 080**

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



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

**07507 333176**

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)