

INFORMATION SHEET

Hand Washing and Hand Sanitising

You can reduce your risk of **being infected** or **spreading** communicable diseases by regularly and thoroughly cleaning your hands. You should avoid touching your mouth, nose, or eyes with unwashed hands.

Hand Washing

You should wash your hands often with soap and water, for at least 20 seconds. Do this especially:

- When you arrive at campus, your accommodation or home.
- After going to the bathroom.
- Before, during and after preparing food.
- Before eating food.
- After blowing your nose, coughing, or sneezing.



There are posters displayed in bathrooms to demonstrate good handwashing technique.

The NHS have also made a [hand washing video](#) available for you to watch. Remember to use your elbow or a paper towel to turn off the tap if required.

Polite reminders to wash your hands frequently will be displayed around campus, on posters and display screens.

Hand Sanitisers

You should only use hand sanitiser when handwashing facilities are not available. Suitable hand sanitisers are available at the main entrance of all campus buildings and in communal areas. You should wash your hands with hand sanitiser for at least 20 seconds. There are posters displayed at the entrance to university buildings to demonstrate good hand sanitising technique.