

Good Toilet Hygiene



Good Hygiene

'Hygiene' means things that are done to keep a person healthy. Hygiene is mainly about cleanliness.

- In 30 seconds, tell your partner as many things as you can about how you can have good hygiene.

Share some of your ideas with the class.

30

Time



Good Hygiene

There are many times when having good hygiene is particularly important. Hospitals and places where food is prepared, such as restaurants, must all follow strict hygiene rules. At home in the kitchen, there are certain things that should be done to reduce the number of **germs** in an area and help people stay healthy.

Today, we are going to look at how to have good toilet hygiene so you stay safe and well.



Half of all TV remote controls have viruses which give people colds. Wiping a remote with an **anti-bacterial** wipe will get rid of most of these viruses.

Did You Know?

Good Toilet Hygiene Tips - Boys

There are a number of ways we can have good toilet hygiene.

Aim properly! Make sure you wee directly into the toilet, not around it or on the floor. This makes the area hygienic for the next person.

Speaking of the next person, if you lift the seat before you wee, put it down afterwards.



Did You Know?

An average toilet bowl has around 20 million bacteria per square cm!



Good Toilet Hygiene Tips - Girls

There are a number of ways we can have good toilet hygiene.

When wiping, always do the front first and then the back. This can help stop you spreading germs and getting ill.



Did You Know?

Toilet flush handles and light switches also have lots of germs on them.



Good Toilet Hygiene Tips

Here are some more tips for good toilet hygiene. These are especially useful if you are in a public toilet.

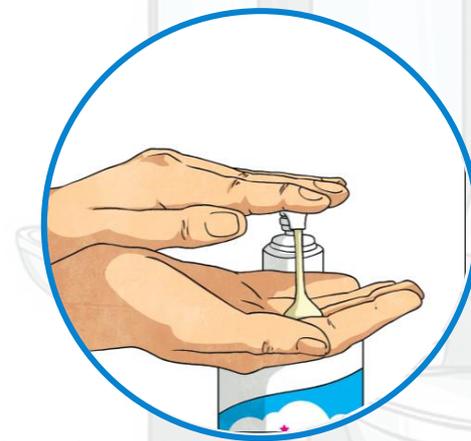


- Don't leave your school bag or coat on the floor of a toilet as germs on the floor can transfer onto your belongings.
- Close the toilet lid before flushing. This prevents the flush spraying germs from the toilet bowl up into the air!
- Some people use toilet paper to touch the flush and door handles, as that is where lots of germs are.
- Wash your hands after you've been to the toilet.

How to Wash Your Hands

Hopefully, you all wash your hands after you have been to the toilet. However, are you washing your hands properly?

1. Wet your hands with water.
2. Cover your hands in soap.
3. Put the palms of your hands together and rub.
4. Rub the back of your right hand with your left palm then repeat with the other hand.
5. Rub the tips of the fingers on your right hand on your left palm. Repeat with the other hand.
6. Interlace your fingers and rub your fingers between each other.
7. Rinse your hands with water until all the soap has gone.
8. Dry your hands thoroughly.



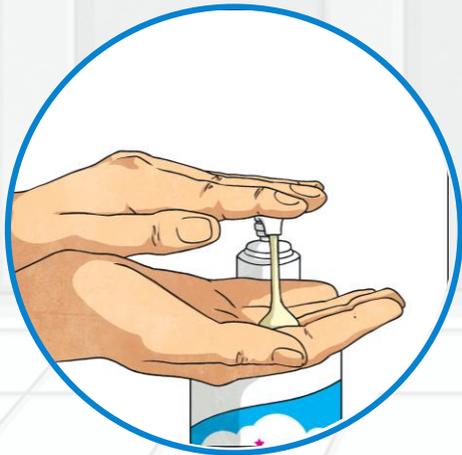
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This should take around 20 seconds.

Mime each step until the timer has counted down.

When Should You Go to the Toilet?

- Sometimes, especially at school, people don't go to the toilet, even when they need to. They might be nervous or embarrassed about asking the teacher if they can go. However, it is very important that you go to the toilet when you need it. If you don't, your body can be exposed to bacteria which could cause an [infection](#).
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Did You Know?

Surprisingly, the average kitchen sink contains more germs than a toilet bowl!

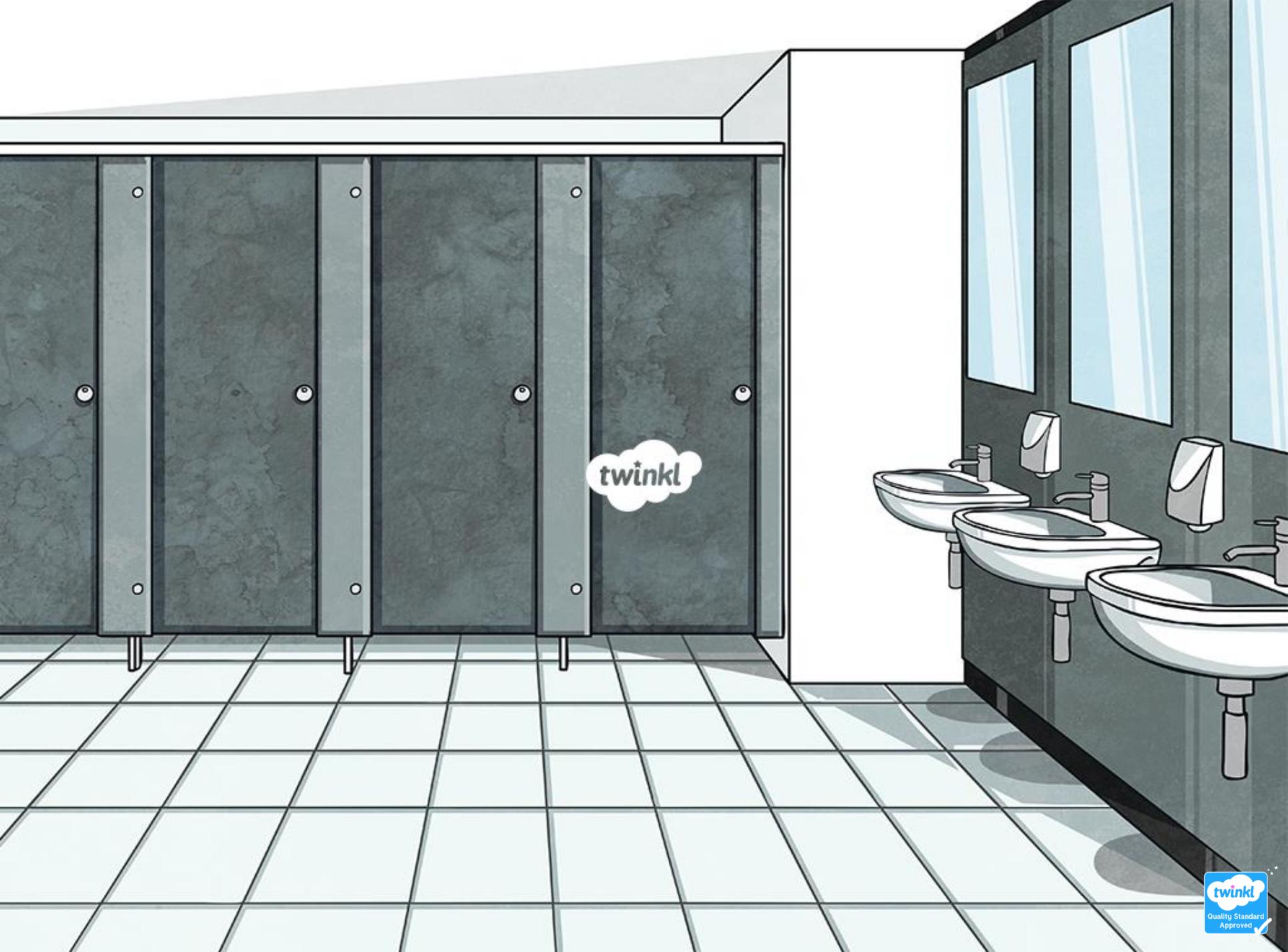
Glossary

anti-bacterial – A substance that can remove germs.

cleanliness – Keeping things clean.

germs – Tiny things so small you can't see them. They can cause sickness.

infection – When bacteria, not usually found in the body, start to spread. An infection can make you feel very unwell.



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