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Fight the Germs: Quick classroom hygiene reminders



Hand hygiene

- 20 seconds is magic – sing Happy Birthday twice while you wash.
- Front, back, in-between – don't forget thumbs and nails!
- Sanitiser ≠ soap – use sanitiser only if there's no sink nearby.



Coughs and sneezes

- Catch it, bin it, kill it – tissues straight in the bin.
- No tissue? No problem. Use your elbow, not your hands.
- Hands off! Wash or sanitise straight after coughing/sneezing.



Personal space and sharing

- Don't swap bottles or snacks; those germs love a free ride.
- Hands off ya face! Eyes, nose, and mouth are germ gateways.



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Clean surfaces and belongings

- Wipe desks daily. Those germs linger longer than you think.
- Phones, tablets, and laptops need regular cleaning too.
- Tidy bags, tidy minds – food wrappers and tissues belong in the bin.



Teacher Tips

Model it

Students copy what they see. Wash your hands before handing out books.

Routine it

Build “clean & clear” time into lesson starts/ends.

Reward it

Praise or points for students who lead by example.