



Your Lifebuoy HAND HYGIENE KIT

Handwashing with soap and water and using hand sanitiser is important to keep you and your family as safe as possible. This kit contains practical tips and useful tools to help you do just that, as we exit lockdown and begin our return to a more normal life.

Visit www.lifebuoy.co.uk to discover even more content and information to see how you can make hand hygiene a natural part of your daily routine.

How you can use this kit:

Creating new routines can be difficult, as any of us who have tried to start exercising or a new diet know. This care kit can help you and your loved ones wash your hands the right way and at the right times.

What's in your kit:



Hand hygiene poster: Put this poster up in your bathroom as a simple reminder to wash hands the right way.



Colouring-in poster: Challenge your kids to draw a key moment when it's important for them to wash or sanitise their hands.



Reminder stickers: Put these easy peel stickers in key places to remind everyone in your home to wash their hands at the right times like when coming in from outside, before eating or preparing food. If you can't stick them in your home, commit these example moments to memory so you remember when to wash or sanitise your hands.



Tube of Hand Sanitiser Gel: So you can stay safe when you can't get to a sink.

Using the contents of this kit can help make effective hand hygiene habits an easy, memorable part of your everyday life.

TOUCH IT. WASH IT.

**BISH
BASH
BOSH
IT**

Bish the dirt. Bash the germs. Bosh the viruses.

With any effective soap or hand sanitiser.



**GLOBAL
HANDWASHING
PARTNERSHIP**

These materials are approved by the Royal Society for Public Health and Global Handwashing Partnership.