

## INFORMATION SHEET

### Hand Washing and Hand Sanitising

You can reduce your risk of **being infected** or **spreading** Covid-19 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. Hand sanitisers should have at least 60% or higher alcohol content to be effective against the Covid-19 virus. 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.

All students will be issued with a 60ml bottle of sanitiser when arriving or returning to campus. Sanitiser refill stations are available in a number of locations on campus. Students are encouraged to read the product information on the bottle and the product safety data sheets attached. If you have any concerns related to the use of alcohol based sanitiser and religious beliefs, please contact the University Faith and Community team: [faith.campuslife@swansea.ac.uk](mailto:faith.campuslife@swansea.ac.uk). Any other concerns must be reported to the health and Safety team via the adverse event reporting system <https://staff.swansea.ac.uk/healthsafety/report-it/> and to the manufacturer as per the product instructions.

The University is using the following Hand Sanitiser:

At all building entrances and exits;

- Supplier is TORK.
- 80% denatured alcohol
- Effective against a variety of problem organisms - conforms with EN1500, EN 12791 and EN14476\*\* all enveloped viruses, Rotavirus and Norovirus:  
<https://staff.swansea.ac.uk/media/tork-alcohol-gel-hand-sanitiser.pdf>

Personal Sanitiser bottles and refill stations;

- Supplier is SPECIFIC
- 80% denatured Ethanol: <https://staff.swansea.ac.uk/media/specific-hand-sanitiser.pdf>

#### Further Information

- [NHS Website](#)
- [Public Health Wales website](#)
- [Welsh Government website](#)