

An online competition on the occasion of World Hand Washing Day was organized by Department Of Public Health Dentistry, School of Dental sciences in collaboration with Department of Students Welfare, Sharda University on 15<sup>th</sup> October 2020, as per direction of Ministry of Higher Education, Uttar Pradesh.

| <b>CATEGORY 1 – ESSAY COMPETITION</b> |                                |
|---------------------------------------|--------------------------------|
| <b>FIZA ALAM</b>                      | <b>1<sup>ST</sup> POSITION</b> |
| <b>JAHNAVI KHATTAR</b>                | <b>2<sup>ND</sup> POSITION</b> |
| <b>ANUSHKA MISHRA</b>                 | <b>3<sup>RD</sup> POSITION</b> |

| <b>CATEGORY 2- SLOGAN WRITING</b> |                                |
|-----------------------------------|--------------------------------|
| <b>SWATI SHREYA</b>               | <b>1<sup>ST</sup> POSITION</b> |
| <b>SAYAMBRIITA GOGOI</b>          | <b>2<sup>ND</sup> POSITION</b> |
| <b>PRIYANKA SACHDEVA</b>          | <b>3<sup>RD</sup> POSITION</b> |

| <b>CATEGORY 3- E POSTER</b> |                                |
|-----------------------------|--------------------------------|
| <b>SHIVANGI VARSHNEY</b>    | <b>1<sup>ST</sup> POSITION</b> |
| <b>RASHMI JAISWAL</b>       | <b>2<sup>ND</sup> POSITION</b> |
| <b>KANU CHAUDHARY</b>       | <b>3<sup>RD</sup> POSITION</b> |

# GUIDE TO HAND-HYGIENE IN 2020

- ✓ DON'T TOUCH UNNECESSARY ITEMS** (Icon: Hand with a red prohibition sign)
- ✓ WASH HANDS FOR 30 SECS PROPERLY** (Icon: Grid of handwashing steps)
- ✓ ALWAYS KEEP A SANITIZER HANDY** (Icon: Hand sanitizer bottle)
- ✓ NAMASTE IS BETTER THAN HAND SHAKES.** (Icon: Person in a namaste gesture)
- ✓ DON'T LET THE TAP RUNNING FOR THOSE 30 SECS.** (Icon: Water running from a tap)

PRESENTED BY – SHIVANGI VARSHNEY  
1<sup>ST</sup> YEAR BATCH 2019, SUSDS

## BE AWARE, WASH WITH CARE

*is making me lose my power...*

The image is a composite graphic. At the top, the text "BE AWARE, WASH WITH CARE" is displayed. Below it, a green virus character with a sad face and the text "is making me lose my power..." is shown. To the right, a hand is shown with a magnifying glass over it, revealing small green virus particles. In the center, there is a close-up of a hand pump dispenser. At the bottom, there are three illustrations: a boy washing his hands at a sink, a boy eating at a table followed by washing his hands, and a boy coughing into his elbow followed by washing his hands.

# Importance of hand hygiene during covid-19 Pandemic.



## **Five simple simple steps:-**

- 1. Wet**
- 2. Lather**
- 3. Scrub**
- 4. Rinse**
- 5. Dry**

## **When to wash hand:-**

- After returning from a public outing .
- Before leaving the bathroom — both at home and in public bathrooms.
- After shaking hands during flu season and virus outbreaks.
- Before, during, and after preparing food, especially raw food.
- Before eating food.
- Before and after caring for someone at home who is sick with symptoms of vomiting or diarrhea.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.