



FLORENCE NIGHTINGALE SAYS...

# STOP THE SPREAD!

Florence Nightingale's experience in the Crimean War taught her that hygiene and sanitation could save lives and stop the spread of diseases, germs and viruses. She famously said in her book *Notes on Nursing* (1860), "Every nurse ought to be careful to wash her hands very frequently during the day. If her face, too, so much the better."

Hand washing has become more important than ever before. In these two fun videos, Florence will show you the expert way to wash your hands and wear a face covering which helps us work together to stop the spread of germs!

# FLORENCE AND HYGIENE

While working at Scutari Hospital during the Crimean War, Florence Nightingale helped stop the spread of disease and infection which saved hundreds of lives. Her actions made her famous and the celebrated Victorian she is today.

Help Florence identify what she needs to do to make Scutari Hospital healthier for her patients by circling which actions she should take.

The clothing the soldiers are wearing are filthy! Let's wash them!

Rats and cockroaches are cute, they can stay!

The sewage pipe is overflowing...we need to fix this immediately!

The floor is so dirty...let's clean it.

A dead horse in the drinking water well is fine...it'll add to the flavour!

The soldiers are sleeping on the floor...beds would be more comfortable.

Mouldy bread and dried meat is a healthy and balanced diet!

