



TEACHING KIDS THE IMPORTANCE OF HAND-WASHING

The most important thing we can do to keep our kids healthy is to teach them to wash their hands. Our kid's hands come in contact with germs all day long from other children, door knobs, desks, and bathrooms. Germs love to hang out on kids' hands. Germs know that it's just a matter of time before kids touch their mouth, nose, or eyes. Then they can attack their bodies and change them from happy, active kids, to sad, sick kids. We are smarter than these germs. Don't let them into your children's lives!! Teach your children how to win the war against germs!

Talk to Your Children

Talk with your children on their level about how washing their hands can keep them from getting sick. Show them the right way to wash hands. Put up reminders if needed. Always be a good role model. Keep it positive! Make it about being healthy instead of a chore.

When to Wash Hands

- Before eating.
- After using the bathroom.
- After coughing, sneezing, or blowing the nose.
- After playing outside or touching an animal.

How to Wash Hands Properly

- Get a clean paper towel and hold it under your arm.
- Wet hands with clean, warm, running water.
- Apply soap to hands.
- Rub hands together to lather up.
- Scrub the back of hands, between the fingers, and under the nails.
- Scrub them as long as it takes to hum the "Happy Birthday" song twice.
- Rinse all the soap off the hands.
- Take the clean paper towel from under your arm to dry hands.
- If possible, use your towel to turn off the faucet.
- If there isn't a clean paper towel let them air dry.

Using Hand Sanitizer When There's No Soap and Water

Apply enough of it to wet your hands completely. Scrub the back of hands, between the fingers, and under the nails, until your hands are dry.

Talk with your childcare providers and schools of younger children to see if the children are required to wash their hands during the day. Find out how often they have it structured into the schedule.