



HAND WASHING

IT'S OUR BEST DEFENSE!

It is the simplest, least costly and MOST important defense we have against colds, flu, and a lot of other bugs out there that we try to avoid each year! The key is that we do it regularly and we do it right! Please review the correct technique and make it a daily routine to teach your children how to wash their hands CORRECTLY! We ALL need reminders especially our kids! Children are HUGE transmitters of disease! Let's all do our part to teach them the best way to keep from getting disease AND passing it to others!

Teach them these points along with washing their hands!

***Don't touch the T-Zone.** Membranes of eyes, nose, mouth are where germs enter the body!

***Wash your hands when they are dirty and BEFORE eating.**

***DO NOT cough into your hands!** Use the crook of your elbow/shoulder or tissue.

***DO NOT sneeze into your hands!** Use the crook of your elbow/shoulder or tissue.

TECHNIQUE IS KEY! – A quick splash of water and a drop of soap won't do the trick!! Follow these steps to make sure you are getting rid of all those germs:

- Use warm water (not cold or hot)
- Use soap
- Rub hands together vigorously and scrub all surfaces (both sides of hands, nails, thumbs, between fingers and especially around rings!). Scrub for at least 15-20 seconds (long enough to sing Happy Birthday or ABC's).
- Rinse well with finger tips pointing down.
- Pat dry with clean towel. Use towel or elbow to turn off the water.

Remember that soap and water is best (if you have good technique) but alcohol-based hand sanitizers are a good alternative when soap and water aren't available. Make sure it is at least 60% alcohol. You only need about ½ teaspoon of the product. The key is to rub your hands (covering all surfaces) until they are dry!

Teach by example...let them see how good your technique is!