


















# WASH YOUR HANDS

instructions for kids on preventing the spread of germs and being clean

**WHY** ... because during the day when you  or stroke the  or  or go to the  you can get  and dirt has  which are so small you can only see them under a . Your hand can transfer these germs to your body through your  or your  or your  and they can make you very sick . Washing your  will get rid of the germs and help keep you healthy.

**WHEN** ... should you wash your s? Always after using the , before you  before you  after you play with the  after  before  and in the  and whenever your hands look .

**HOW**... Use lots of warm  and regular soap , making sure to clean under your  and wash up to your wrists too. Then dry your hands on a clean .

Washing your hands will help to keep you healthy and will help you to avoid all kinds of tummy aches , skin , eye , and mouth infections .

# Germ Farm



## Scrub'em!

More on...

**WASH YOUR HANDS**

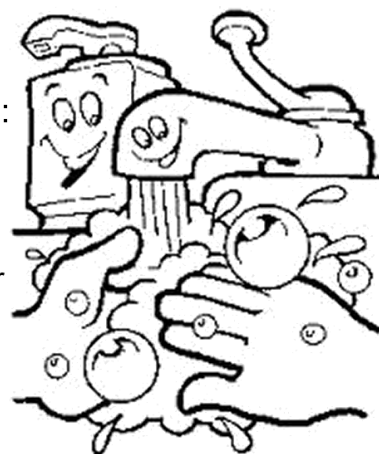
WHY?

A delicious mud pie, a good-luck rock, or a friendly frog - these are a few of the 'presents' kids love to bring home to Mom and Dad. But behind these adorable gifts, millions of germs could be lurking.

### **The First Line of Defense Against Germs**

Germs can be transmitted many ways including:

- touching dirty hands
- changing dirty diapers
- through contaminated water and food
- through droplets released during a cough or a sneeze
- via contaminated surfaces
- through contact with a sick person's body fluids



When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Good hand washing is the first line of defense against the spread of many illnesses, from the common cold to more serious illnesses such as meningitis, bronchiolitis, influenza, hepatitis A, and most types of infectious diarrhea.



More on...

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WHY?

## Washing Hands Correctly

Here's how to scrub those germs away. Demonstrate this routine to your kids. Or better yet, wash your hands together often so they learn how important this good habit is.

1. Wash your hands in warm water, make sure its not too hot for little hands.
2. Use soap and lather up for about 20 seconds (antibacterial soap isn't necessary any soap will do). Make sure to get in between fingers and under the nails where uninvited germs like to hide out.
3. Rinse and dry well with a clean towel or single use wipe.



Don't underestimate the power of hand washing! The few seconds at the sink could save you trips to the doctor's office.