

Hand Washing at Home!

A Message to the Family: Hand washing is an important habit that should start early so it becomes automatic as your child grows. You can help! Model proper hand washing at home using the steps below — and make hand washing part of your daily family routine!

Here's How....

1

Wet hands under warm running water. Add soap.



2

Rub hands together to make bubbles.



3

Rub soapy bubbles all around for 20 seconds — on hands, wrists, between fingers, and under fingernails.



4

Rinse under warm running water.



5

Dry well with a clean towel.



Hand Washing for Kids

- Liquid hand soap may be easier than bar soap for small hands to use.* It spreads and lathers quickly with simple rubbing and water, to help kids do the job right. It's more fun, too!
- Hands should be washed for at least 20 seconds. Make it fun by having kids time themselves — and younger brothers and sisters, too — using a watch with a second hand!

Important Step!

Hand Washing: It's part of the plan!

Proper hand washing can help reduce the spread of germs that can cause illness. Hand washing is an important part of a complete health program that includes a healthy diet . . . exercise . . . adequate sleep . . . and proper immunization. Check with your child's doctor to make sure immunizations are up to date!

Lather Up
For
Good Health™

Softsoap

*"Making Food Healthy and Safe for Children," Health Resources and Services Administration, US Dept. of Public Health Service, Ch. 2, page 5.

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WASH YOUR HANDS

1. After using the bathroom
2. Before eating
3. Before, during and after helping in the kitchen
4. After coming in from outdoors
5. After handling money
6. After sneezing, coughing or blowing your nose
7. After taking out the trash
8. After playing with pets



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Hand Washing: Check it Out!

Hey kids! Use this "handy" chart to keep track of how often you wash your hands! ✓ mark each time you wash, every day for one month.

How many times a day do you think you wash your hands? _____ times

Now, get washing!

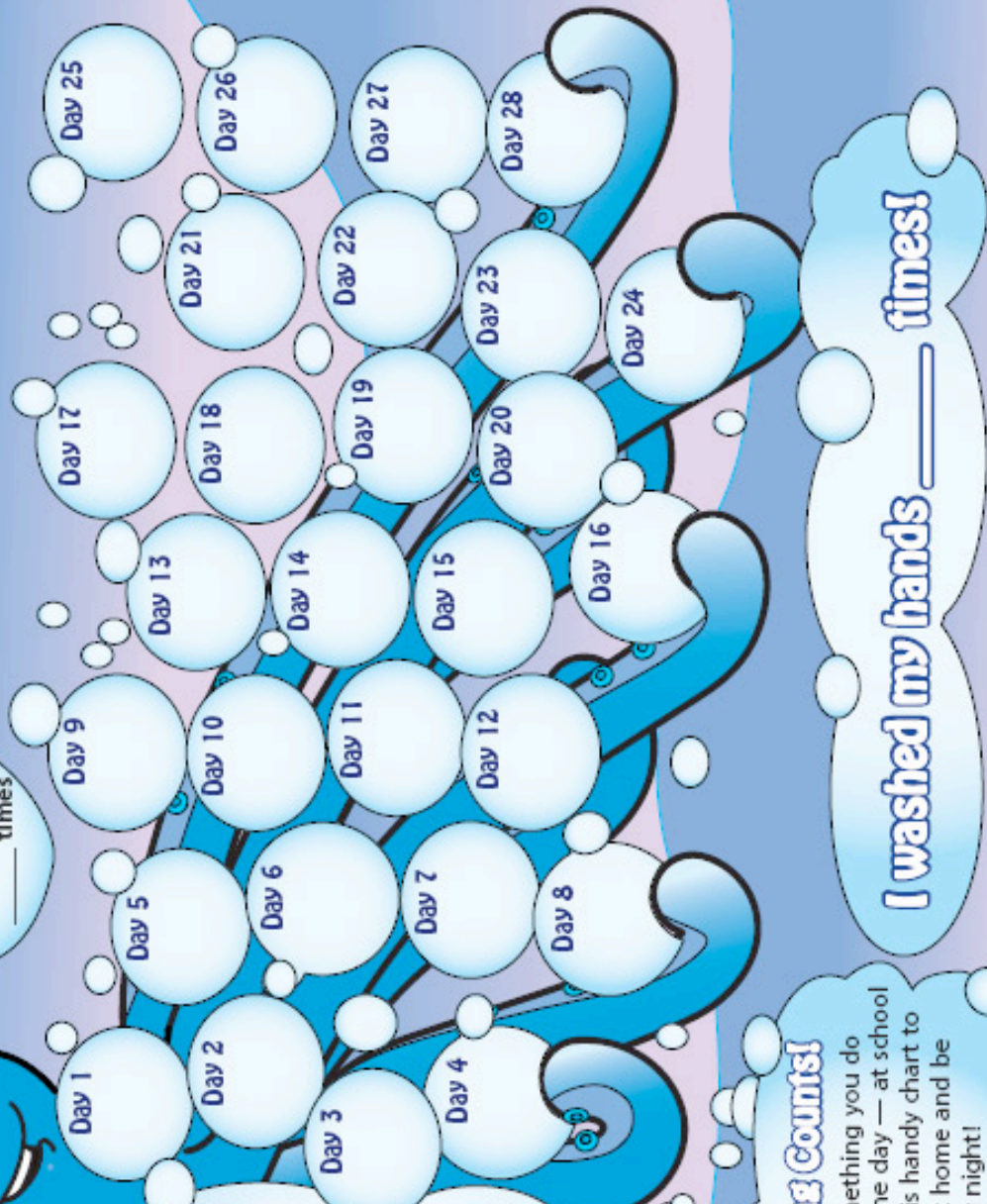
You should wash your hands...

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Hand Washing Counts!

Hand washing is something you do many times during the day — at school and at home. Use this handy chart to keep track! Post it at home and be sure to fill it in every night!

I washed my hands _____ times!



The American Public Health Association encourages proper hand washing to help prevent the spread of germs that can cause illness.

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