

Why is handwashing important?

Handwashing is the most important hygiene issue we can teach our children. Why?



1. Handwashing is the #1 way to reduce the spread of infectious diseases.
2. Hands are usually warm, moist, and a good place for germs to live.
3. Children are constantly touching things.
4. Hands spread germs from place to place, child to child, child to adult.
5. Good handwashing helps develop good habits.

When should you wash your hands?



For Children:

- Before eating or drinking
- After using the toilet
- After playing outdoors
- After Playing with pets or any animals
- After coughing or sneezing
- After blowing nose



For Adults:



All of the above, plus:

- Before preparing or serving food
- After caring for an ill child
- After diapering
- After helping a child with toileting
- After cleaning



What does handwashing do?

When washing with warm water and soap, rub your hands together using lots of friction.



This pulls the dirt, grease, and oils free from your skin. The soap lather suspends the dirt and soils, and the warm water rinses them away.



Handwashing How-To's:

- ☞ Use warm running water to wet hands.
- ☞ Add soap and rub your hands together to make a lather.
- ☞ Do not wash lather away.
- ☞ Rub the lather on the front and back of hands, and in between your fingers.
- ☞ Get under your nails.
- ☞ Do this for about 20 seconds (Sing the ABC Song – it takes about that long!)
- ☞ Rinse well with warm running water.
- ☞ Dry hands with your own towel or with a single-use paper towel.



*For more information,
please call:*

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or

269-373-5267

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A Family Guide to Hand Washing

