

Hand Washing



Proper hand washing can prevent many diseases and food borne illnesses. Germs can be transmitted from person to person or from dirty hands to toys and food. Children need to learn to wash their hands after coughing, sneezing, blowing their noses, using the rest room, and before handling food.

Proper Technique for Washing Hands is easy to learn and teach:

- Hand washing is the most effective tool against spreading communicable diseases and food borne illnesses.
- Rubbing your hands vigorously with soapy water pulls the dirt and oily debris free from your skin.
- The soap lather suspends both the dirt and germs inside bubbles where they can quickly be washed away.

4 Simple Steps to Effective Hand Washing:

1. **WET** your hands with warm running water and add soap.
2. **RUB** your hands together briskly making a soapy lather. Do this away from the running water for at least 10 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
3. **RINSE** your hands well, under running water. Let the water run back into the sink, not down your elbows.
4. **DRY** hands thoroughly with a clean towel.

Remember:

- **Don't** use a single damp cloth to wash a group of children's hands.
- **Don't** use a standing basin of water to rinse hands.
- **Don't** use a common hand towel. Always use disposable towels.