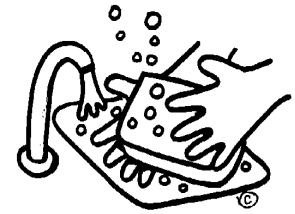


Hand Washing for a Healthy School Year!

The 20-second solution to staying healthy



How to...

Here's the simplest and most effective way to teach your family to wash their hands:

- With regular soap and warm water, rub your hands vigorously together and scrub all surfaces.
- Wash for at least 20 seconds. (Tip: have your child sing the "Happy Birthday" song twice.)

It is the soap combined with the scrubbing action that helps dislodge and remove germs. Antibacterial soap is not necessary.

When soap and water are not available...

Use alcohol-based disposable hand wipes or gel sanitizers. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu. However, alcohol-based disposable hand wipes and gel sanitizers do not remove the dirt.

About germs...

Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables. Here are some helpful tips for your student to remember:

- Avoid touching your eyes, nose or mouth with dirty hands whenever possible.
- Always cover your mouth and nose when coughing or sneezing with your elbow or tissue. (Please do not forget to throw the tissue away.)
- If you do cover your cough or sneeze with your hands, then wash your hands, and do so every time.

So keep in mind...

20-seconds at the sink with soap and warm water each time will help your student stay healthy to enjoy hours and hours of fun. Look for more information on hand washing during **National Hand Washing Awareness Week** in December!