

# HAND WASHING – A KEY TO HEALTH

Did you know that practicing good hand washing consistently can lessen your chances of getting sick? Our hands can give and receive germs from other people and from our environment. One of the most common ways people get colds is to rub their nose or eyes after their hands have been contaminated with a cold virus.

## Why does Hand Washing Work?

When you rub your hands vigorously with soap and water, dirt and germs are trapped in the lather and are washed away when you rinse.

## When is it Important to Wash Your Hands?

- Before, during and after preparing food
- Before you eat'
- After you eat
- After using the bathroom
- After changing a diaper
- After you blow your nose or cough

## What is Effective Hand Washing?

- Wet your hands
- Apply soap
- Rub your hands together to make a lather
- Continue lathering all surfaces of your hands for ten seconds
- Rinse well
- Dry well

## How do you know it has been 10 seconds?

Find a song that you can sing that takes 10 seconds.  
Some ideas are: Happy Birthday; Row, Row, Row Your Boat; ABC Song