

HANDWASHING

A KEY TO SLOWING THE SPREAD OF GERMS

Did you know that viruses enter our bodies when people rub their nose and eyes after touching something that is contaminated with a virus?

Viruses can be transferred from a dry laminate surface, to a clean hand for as long as 20 minutes after the surface was contaminated. The best way to prevent this from happening is to wash your hands properly. Simply follow the steps outlined below each time:

- Wet hands with warm water
- Use soap to lather both hands and under nails
- Scrub hands for at least 20 seconds (sing the abc song)
- Rinse hands thoroughly
- Dry hands on a clean paper towel
- Discard towel properly after use

Suggested times to wash your hands at school:

- Before and after eating meals (including snacks)
- After recess
- After you cough or sneeze
- Touching any dirty objects
- Use common sense

Teaching children how to protect themselves by example will provide an excellent skill for a lifetime. For further information please see this website:
<http://www.cdc.gov/Features/HandWashing/>

We hope this information is resourceful. Please share this information.