

## Handwashing, the BEST Germbuster!

Germs are everywhere and are so small that we cannot see them. Keeping our hands clean is one of the BEST ways to stop the spread of germs and stay healthy. Handwashing is easy to learn, cheap and allows children and adults to take an active role in their own health. Handwashing can be fun and entertaining for kids and, once they learn how to properly wash their hands, they can encourage their parents and siblings to wash their hands too.

### When to wash your hands:

- Before eating and cooking
- Before and after taking care of someone who is sick
- Before and after doing first aid (treating a cut or wound)
- After using the bathroom
- After touching garbage, cleaning around the house
- After handling pet food/treats or their waste
- After touching animals (including family pets)
- After blowing your nose, coughing or sneezing
- After being outside (playing, gardening, walking the dog, etc.)

### How to wash your hands:

- **Wet** your hands in warm water. Make sure water is not too hot for little hands.
- **Lather** your hands with soap by rubbing them together. Remember to lather the back of your hands, between your fingers and under your nails.
- **Scrub** your hands for about 20 seconds. Time yourself by humming the Birthday song from beginning to end twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands with a clean towel.

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/hands-mains-eng.php>

<http://www.cdc.gov/handwashing/>

Anglophone West School District, Healthy Learners Program

