

HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the best way to stop the spread of germs that cause colds, influenza (flu), diarrhea and other sicknesses. It is important that children learn how and when to wash their hands to lower their risk of getting sick.

How to Wash Hands:

- ◆ **Wet** your hands with clean running water (warm or cold) and apply soap
- ◆ **Lather** your hands by rubbing them together with the soap
- ◆ **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- ◆ **Rinse** your hands under clean, running water
- ◆ **Dry** your hands using a clean towel, paper or air dry them
- ◆ **Turn** off taps with a paper towel

When to Wash Hands:

- ◆ Before and after preparing, eating or handling food
- ◆ After using the toilet
- ◆ After coughing, sneezing or blowing your nose
- ◆ After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- ◆ After touching garbage
- ◆ If your hands are visibly dirty or greasy

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [Do Bugs Need Drugs?](#)
- ◆ [Handwashing in Communities: Clean Hands Save Lives \(CDC\)](#)