

Encourage your kids to

# practice healthy handwashing habits

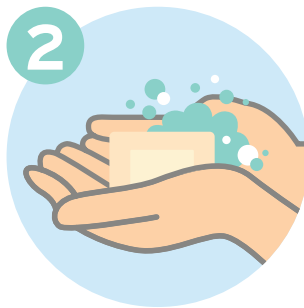
Teaching your children good handwashing habits is one of the most important steps you can take to keep them healthy. Keeping hands clean prevents the spread of germs that cause illness.



## How to do it right



Wet hands with clean, running tap water (cold or warm).



Apply regular soap. Antibacterial soaps are not necessary in the home.



Lather hands. Be sure to get the backs of your hands, between fingers and under nails.



Scrub for 20 seconds (the time it takes to sing "Happy Birthday" twice).



Rinse well under clean running water.



Dry hands with a clean towel or let them air dry.



## When to use hand sanitizers

If you don't have soap and clean running water, hand sanitizers containing at least 60 percent alcohol can reduce the amount of germs on your hands in some situations.

Hand sanitizers are not as effective as soap and water if your hands are dirty or greasy. Hand sanitizers work well against some germs, but handwashing with soap and water is best.