

Health Hints

Hand Washing



Hand washing is the most important thing you can do to help stop the spread of germs!

Teach children to wash their hands often:

1. Wet hands.
2. Add soap and scrub for 15 seconds. Sing a song like The Alphabet Song to make the time pass.
3. Rinse for 15 seconds.
4. Dry with a clean cloth or paper towel.
5. Use the cloth, paper towel or back of your hands to turn off the tap.
6. Use hand lotion after washing to prevent skin from getting sore.

Waterless hand sanitizers are an easy way to clean hands if they are not visibly dirty. Young children need to be watched when using hand sanitizers



Interior Health
Every person matters