



WASH YOUR HANDS

Children share germs in many ways. They put their hands in their mouths, share toys, and usually enjoy being hugged and kissed. You cannot avoid all germs, but you can help prevent the spread of disease and infection.

The best way to prevent diseases is to wash hands! Teach your child to wash hands thoroughly with soap and water. Show your child how to make soap "bubbles" and rub all over hands, wrists, and between the fingers. Check under fingernails for dirt, too. Rinse hands under running water.

If you don't have soap and running water, pre-moistened wipes and waterless hand cleaners will help. But, they are not as good as soap and water.

Be a good example for children. Children watch you and learn from what you do. Wash your hands before eating or preparing food.

When your child is sick, wash your hands after helping her so you will not spread germs to other children or adults. Also, teach children to flush and wash every time they use the toilet.

Hand Washing



Many diseases are spread by “direct contact.” This means touching someone who has the disease or touching an object that the ill person touched.

The germs can get on your hands and then enter your body when you touch your nose, mouth, or eyes.

Help prevent diseases by washing hands. Wash hands before eating, after using the toilet, and after playtime.

Soap and running water are best for washing hands.