



Clean Hands for Healthy Kids

Teach your children how to wash their hands the 'right way'— it could save their lives!

When to wash

- After using the restroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after caring for someone who is sick
- Before preparing or eating food
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood water or sewage
- When your hands are visibly dirty

How to wash

- Dispense soap into hands
- Rub hands together under warm water for at least 20 seconds (have children wash as they sing 'Twinkle Twinkle Little Star' or their own favorite song).
- Wash hands thoroughly, including wrists, palms, backs of hands, and under and around the fingernails.
- Dry hands completely with a clean towel; if no towels are available it is okay to air dry your hands.
- To avoid chapping and cracking, pat your hands dry instead of rubbing.
- If you use a disposable towel, throw it in the trash.

What to do when soap and water aren't available

- If soap and water aren't available when you need to wash, use an alcohol-based hand sanitizer.
- Apply sanitizer to the palm of one hand.
- Rub hands together until hands are completely dry; include all surfaces of hands and fingers.

Source: Centers for Disease Control and Prevention, www.cdc.gov

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