

PROTECTING YOUR CHILD'S HEALTH

Every day, parents everywhere are diligent about protecting their children, we tie their shoes, we buckle their seat belts, we make them wear helmets, we look both ways, but according to statistics, we are not teaching them to wash their hands. **95% of all people wash their hands improperly.** (CBS News, 2013)



Handwashing is hands down the number one way to prevent illnesses. By modeling proper handwashing, you can protect your child, even when you can't be with them. Proper handwashing is taught in the schools, but reinforcement from home can help to make it a learned habit.

Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 31%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 21%

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

(CDC, 2014)

When to Stay Home: Please keep your child home from school when:

- He/She has had a fever above 100 degrees in the last 24 hours
- Vomiting
- Uncontrollable coughing/sneezing
- Persistent Diarrhea

When Should I use Hand Sanitizer??

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. (CDC, 2014)

Question?
Contact your
school nurse for
more info