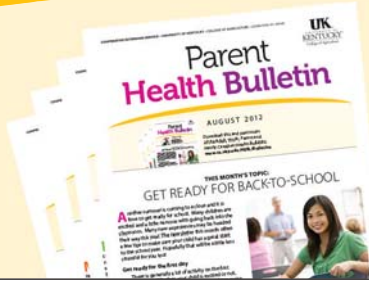


Parent Health Bulletin



OCTOBER 2013

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THIS MONTH'S TOPIC:

THE IMPORTANCE OF WASHING HANDS

Do you ever feel like you should record yourself saying, "Did you wash your hands?" Parents often have to remind their children that they need to wash their hands. It is important for everyone to wash their hands. By washing hands, a child, and a parent too, is preventing the spread of germs.

Every day there are many different items that we touch, from door handles to keyboards, from toilets to pens and pencils. We often get sick because we have picked up germs from something that we have touched and then touch our eyes, nose or mouth. There is no way that you can be germ free. But, washing your hands does help keep you from getting sick.



Continued on the back →

Do not forget to wash the backs of your hands, as well as in between your fingers and under and around your nails.

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When should you wash your hands?

You should always wash your hands before you:

- Prepare food
- Eat a meal or snack
- Take medicine or give someone else medicine
- Treat a wound
- Put in or take out your contact lenses

You should always wash your hands after you:

- Prepare food, especially raw meats and poultry
- Use the toilet
- Change a diaper
- Cough
- Sneeze
- Blow your nose
- Treat a wound
- Touch garbage
- Touch household chemicals or garden chemicals

There is no way that you can be germ free. But, washing your hands does help keep you from getting sick.

One of the best ways to help your child see that hand washing is important is for you to do it yourself. Talk to your child about when he or she should wash hands.

How to wash hands

You may also want to make sure that your child is washing their hands properly. Below is the proper way to wash hands.

- 1. Make sure to use warm water.** Watch that your child does not just turn on the hot water. You want to make sure they do not get burned.
- 2. Use soap.** There are all sorts of soaps out there. It does not matter what type you use — just make sure to use soap.
- 3. Rub your hands together to make lather.** Do not forget to wash the backs of your hands,



as well as in between your fingers and under and around your nails.

- 4. You should keep rubbing and making lather for 10-15 seconds.** For your child, you may need to make it a game. Can he or she count up to 15 slowly? Or count backwards? You may also try singing a song such as “Happy Birthday.” If you sing it fast, you will want to sing it two times or just once if you sing it slowly.
- 5. Rinse.** To rinse your hands, you may want to keep rubbing them together under the water. The water will rinse the soap off.
- 6. Dry.** Use a clean towel to dry your hands.

Washing hands is important for staying healthy. By taking care to wash hands properly and teaching your child to wash his or her hands properly, you are taking steps to staying healthy all year long.

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Parent
Health Bulletin

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