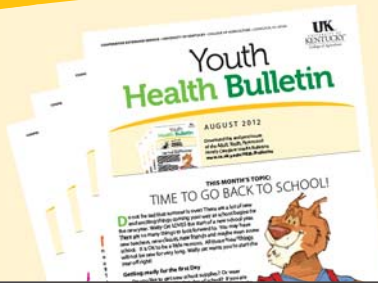


# Youth Health Bulletin



OCTOBER 2013

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## THIS MONTH'S TOPIC: SCRUB-A-DUB THOSE HANDS

**W**ally Cat thinks there is nothing worse than not feeling well. It is important to stay healthy but sometimes it is hard to keep from getting sick. Did you know that there is one thing that you can do to help you from getting sick? That is washing your hands. Do you already wash your hands? Of course you do!



### When should you wash your hands? (Circle yes or no for each activity)

Before eating .....	Yes	No
After using the toilet .....	Yes	No
After blowing your nose .....	Yes	No
After playing outside .....	Yes	No
After coughing or sneezing .....	Yes	No
After petting or playing with pets and animals .....	Yes	No

Continued on the back →



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



make some bubbles

- 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.

## What do you do if you cannot wash your hands?

There are times when you may not be able to wash your hands. If possible, use a hand sanitizer. This will help make sure your hands are clean. Just like soap, you want to make sure you rub the sanitizer on the back of your hands, in between your fingers and around your fingernails.



### REFERENCES:

- CDC (2011). *Keeping Hands Clean*  
<http://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>
- NeMours Kids Health (2011). *Why Do I need to Wash My Hands?*  
[http://kidshealth.org/kid/talk/qa/wash\\_hands.html](http://kidshealth.org/kid/talk/qa/wash_hands.html)

## Continued from page 1

I hope you circled "Yes" for each of the activities. It is important to wash your hands before or after each one. Washing your hands can help you from getting sick.

## How do you wash your hands?

Did you know that there is a correct way to wash your hands?

- 1. Use warm water.** Don't make the water so hot that you get burned though.
- 2. Use soap.** Seems easy, right? There are all sorts of soaps and they have many different smells. Some soaps are square and some look like gel. It does not matter. Just make sure you use soap.
- 3. Make some bubbles!** Rub your hands together to make lather. Do not forget to wash the backs of your hands, in between your fingers and under and around your nails.
- 4. Keep scrubbing.** You should keep rubbing and making lather for 10-15 seconds. Can you count up to 15 slowly? Or count backwards?

## Word Scramble

AWSH HSND: \_\_\_\_\_  
MAWR RTEAW: \_\_\_\_\_  
URBSC: \_\_\_\_\_  
ASOP: \_\_\_\_\_  
DHAN TASINERZI: \_\_\_\_\_

ANSWERS: Wash Hands, Warm Water, Scrub, Soap, Hand Sanitizer

Youth  
Health Bulletin

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