

The ABCs of hand washing

Just rinsing hands under water is NOT enough, especially when it comes to getting rid of germs.

A APPLY SOAP ON WET HANDS



B BUBBLES WILL WASH AWAY GERMS

C CLEAN YOUR GERMS AWAY



When should kids wash their hands?

Before they eat food and after they:

- Play with their pets
- Blow their nose, cough or sneeze into their hands
- Go to the bathroom
- Play outside



Mom? Dad?



Are my hands clean?

What parents need to know about hand washing and staying healthy

For more information contact:

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Are their hands really clean?

Hand hygiene is considered the most effective means of reducing the spread of germs (micro-organisms). That means:

- Fewer colds , flu viruses and stomach viruses
- Less spread of antibiotic-resistant microorganisms
- Fewer hospital-acquired infections

This also means your child is less likely to bring home germs that could also make others in your household sick.

Hand washing works!

Hand washing is the single most important procedure for preventing infections.

Health Canada Infection Control Guidelines, 1998

Washing all over their hands

Help your child learn how to wash his or her hands well.



Encourage kids to wash between their fingers and on the back of their hands where dirt and germs are sometimes missed.

Lots of bubbles is the key! It helps remove germs and dirt before they rinse them down the drain.

Which soap is best?

The purpose of any soap (liquid, bar or antibacterial-based) is to chemically break the bonds between the germs and the skin.

Good liquid soap, whether or not it has antibacterial properties, is effective in removing dirt and germs from hands.

A good soap is one that smells nice, makes lots of bubbles and does not dry out the skin. **The nicer the soap, the more often they'll wash.**

Alcohol-based hand rub

Alcohol-based hand rubs are now considered the most effective means of sanitizing hands. They come in many kid-friendly forms, and are a convenient alternative to hand washing when time is short or when a sink is not available.

Alcohol-based hand rubs must be applied liberally enough so that after 10 seconds of rubbing the hands are still damp. Encourage children to apply the product to the palm of one hand, then rub both hands together covering all surfaces of hands and fingers until their hands are dry.

Alcohol-based hand rubs work best when hands are not visibly soiled. Hand washing is the best way to remove soil from hands.

When buying alcohol-based hand rubs, choose one with an alcohol content of 60% or greater.

