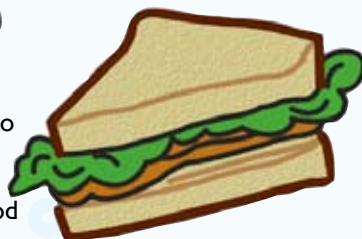


When you should wash your hands



You should wash your hands often, probably more often than you do now. Germs are so tiny you can't see or smell them.



It is especially important to wash your hands:

Before:

- Eating or handling food



After:

- Using the bathroom
- Sneezing or coughing
- Handling animals
- Getting hands dirty

Often:

- When someone in your family is sick

When Mom & Dad should wash their hands

Parents should wash their hands before and after activities that have a high risk of spreading germs.

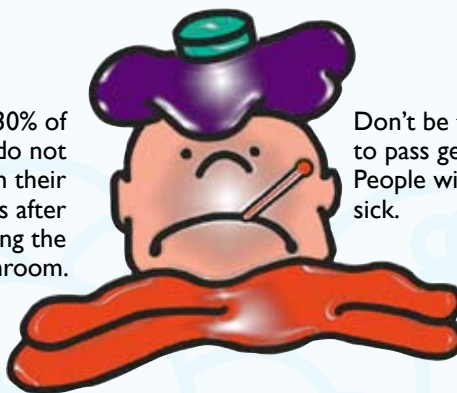
Wash Before:

- Cooking or handling food
- Eating
- Feeding a baby or child
- Giving medication to a child

Wash After:

- Changing a diaper
- Helping a child use the toilet
- Using a toilet yourself
- Sneezing or coughing into your hands or into a tissue
- Wiping runny noses
- Taking care of a sick child
- Handling pets or animals
- Cleaning pet cages and litter boxes

About 30% of people do not wash their hands after using the bathroom.



Don't be the one to pass germs on. People will get sick.

Your Health is in Your Hands!



Have You Washed Your Hands Today?

#WeAreCKPublicHealth

 Chatham-Kent
Public Health

CK Public Health

519.355.1071 www.ckpublichealth.com

Information adapted from: Grey Bruce Health Unit.



Germs Make You Sick!



Wash your hands! It is important!

Washing your hands will help get rid of germs. Washing your hands with soap and warm water removes almost 80% of the germs. You pick up germs on your hands by touching other people, your toys, pets and farm animals.

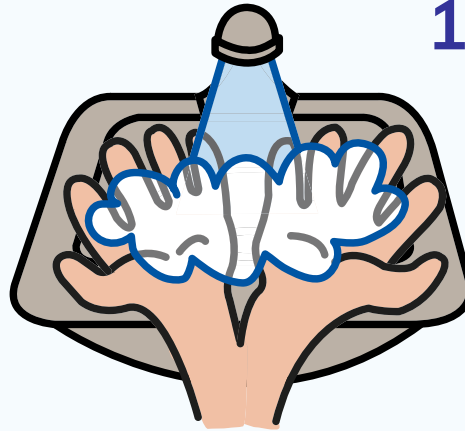
You can become sick when you:

- Touch your eyes
- Touch your nose
- Touch your mouth

Clean Hands Keep You Healthy

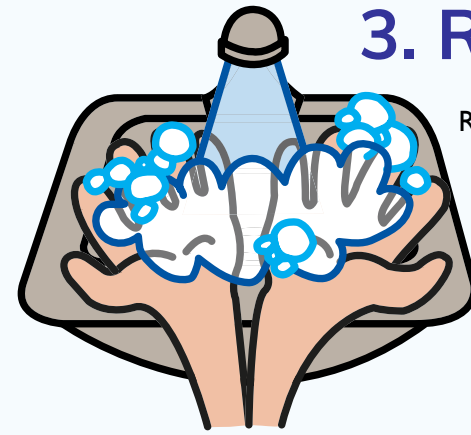
Do it Right, and get rid of Germs!

1. Wet



Wet hands with warm running water.

3. Rinse



Rinse well.

2. Soap & Rub



Apply soap and wash your hands all over - lather your wrists, palms, backs of hands, fingers and under your fingernails. Rub your hands together for 10-15 seconds. (Sing the song below)

4. Dry



Dry your hands with a clean or disposable towel. Pat your skin dry, instead of rubbing. That way your hands won't chap or crack.

The Handwashing Song

(When it's done, you're done scrubbing.)



Twinkle, twinkle little star,
Look how clean my two hands are.
Soap and water, wash and scrub,
Get those germs off rub-a-dub.
Twinkle, twinkle little star,
Look how clean my two hands are.



Remember, clean hands will keep you and your whole family healthy.