

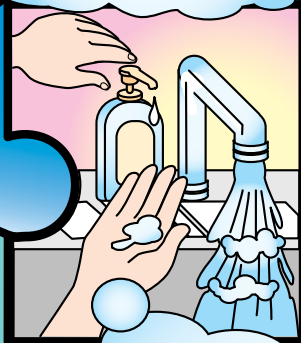
Hand Washing at Home!

A Message to the Family: Hand washing is an important habit that should start early so it becomes automatic as your child grows. You can help! Model proper hand washing at home using the steps below — and make hand washing part of your daily family routine!

Here's How...

1

Wet hands under warm running water. Add soap.



2

Rub hands together to make bubbles.



3

Rub soapy bubbles all around for 20 seconds — on hands, wrists, between fingers, and under fingernails.



Important Step!

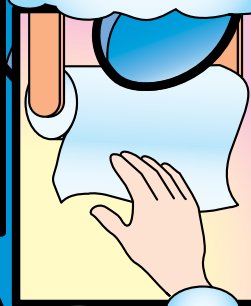
4

Rinse under warm running water.



5

Dry well with a clean towel.



Hand Washing for Kids

- Liquid hand soap may be easier than bar soap for small hands to use.* It spreads and lathers quickly with simple rubbing and water, to help kids do the job right. It's more fun, too!
- Hands should be washed for at least 20 seconds. Make it fun by having kids time themselves — and younger brothers and sisters, too — using a watch with a second hand!

Hand Washing: It's part of the plan!

Proper hand washing can help reduce the spread of germs that can cause illness. Hand washing is an important part of a complete health program that includes a healthy diet . . . exercise . . . adequate sleep . . . and proper immunization. Check with your child's doctor to make sure immunizations are up to date!

Lather Up
For
Good HealthSM

Softsoap[®]
HAND SOAP

Bookmark to cut out

WASH YOUR HANDS

1. After using the bathroom
2. Before eating
3. Before, during and after helping in the kitchen
4. After coming in from outdoors
5. After handling money
6. After sneezing, coughing or blowing your nose
7. After taking out the trash
8. After playing with pets

Lather Up
For
Good HealthSM

Softsoap[®]
HAND SOAP

*"Making Food Healthy and Safe for Children," Health Resources and Services Administration, US Dept. of Public Health Service, Ch. 2, page 5.

Hand Washing: Check it Out!

Hey kids! Use this "handy" chart to keep track of how often you wash your hands! ✓ mark each time you wash, every day for one month.

Now, get washing!

WASH YOUR HANDS



You should wash your hands...

1. After using the bathroom
2. Before eating
3. Before, during and after helping in the kitchen
4. After coming in from outdoors
5. After handling money
6. After sneezing, coughing or blowing your nose
7. After taking out the trash
8. After playing with pets

How many times a day do you think you wash your hands?

_____ times

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Hand Washing Counts!

Hand washing is something you do many times during the day — at school and at home. Use this handy chart to keep track! Post it at home and be sure to fill it in every night!

I washed my hands _____ times!

Lather Up For Good HealthSM

