

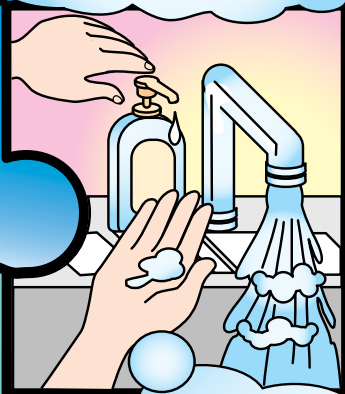
Hand Washing at Home!

A Message to the Family: Your child is learning about hand washing at school. 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.



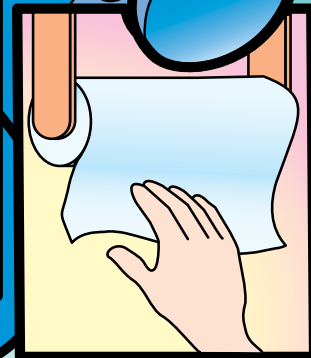
4

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

SoftsoapSM

Hand Washing: Check it Out!

I Washed My Hands . . .



Before . . .



After . . .



In the chart below, help your child check off each time they wash their hands — **before** eating or helping in the kitchen ... and **after** using the bathroom; sneezing, coughing or blowing their nose; playing with pets or coming in from the outside. Hang it by the sink and see just how many times your child washes his/her hands in a single week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before						
After						

JIMH Education Marketing, Inc., New York, NY