

SEPTEMBER 2008 YOUTH HEALTH BULLETIN

This publication compiled and edited by the H.E.E.L. Program
(Health Education through Extension Leadership) Staff

Hand Washing for Health

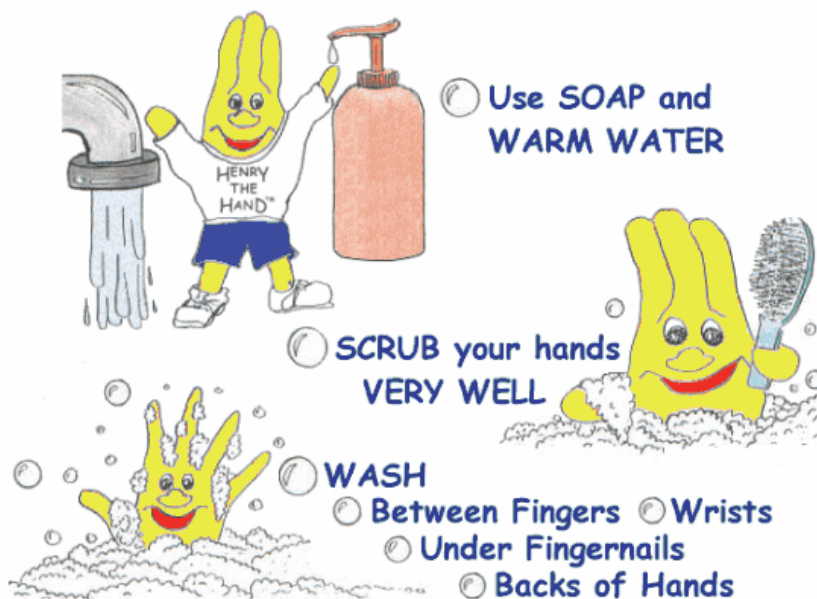
WHY IS HAND WASHING SO IMPORTANT?

- Regular hand washing is important for **good health**.
- Hand washing **removes germs** from your skin.
- Germs are tiny organisms. Some germs are good, but **some germs can make you sick**.
- You cannot see **germs** but they **are everywhere**.
- As you play and do your school work all day long, you touch surfaces that may contain germs. Some **germs hide** in places you may not think about.
- If you touch a surface where germs are hiding and **do not wash your hands**, the **germs** may **enter** into **your body** when you eat, rub your eyes, or put your fingers in your mouth. You may even spread germs if you touch someone else's things.

DO YOU KNOW THE CORRECT WAY TO WASH YOUR HANDS?

Henry the Hand© is here to help you learn how to wash your hands correctly. Henry also wants to teach you to be more aware of your hands, how your hands can carry germs, and how you can spread germs with your hands when they have not been washed.

- Using warm water, wet your hands and wrists.
- Use a mild soap to lather up your hands, fingers, wrists, and fingernails.
- Sing the 'Happy Birthday' song two times (this is the same as 20 seconds).
- Using warm water, rinse the soap off your hands and wrists.
- Using a paper towel, personal towel, or hand dryer to gently dry your hands. Don't rub them dry, just gently pat your hands dry.



To learn more about Henry the Hand©, visit:

www.henrythehand.com

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WHAT CAN YOU DO TO STOP THE SPREAD OF GERMS?

The **very best thing you can do** to stop the spread of germs is **wash your hands** on a regular basis!

WHEN SHOULD I WASH MY HANDS? MATCHING GAME

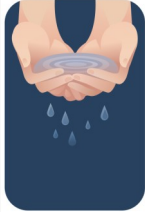
See if you can match the following statements with the appropriate word that describes when you should wash your hands! Remember, each statement can have more than one answer! (Answers Below)

Cut & Copy to Share with your friends and class

BEFORE	EXAMPLE	Using the Restroom Preparing food or drinks Helping someone who is sick
DURING		Eating or Drinking Petting or playing with your favorite animal Coming in from playing outside Touching your face or hair
AFTER		

LEARN MORE ABOUT HAND WASHING!
Fun websites for kids, parents and teachers to learn about Germs, Hand Washing and Good Hygiene (includes puzzles, interactive games, downloads, coloring and activity pages, posters, Webisodes, and much more!):

- Henry the Hand©- Special thanks to Dr. William P. Sawyer, creator of Henry the Hand©
<http://www.henrythehand.com/default.html>
- The Scrub Club™— Special thanks to NSF International.
<http://www.scrubclub.org>



Sources:


Centers for Disease Control—
National Center for Infectious Diseases, An Ounce of Prevention: Keeps the Germs Away
<http://www.cdc.gov/ounceofprevention/>

Centers for Disease Control—
Stopping Germs at Home, Work and School
http://www.cdc.gov/germstopper/home_work_school.htm

Henry the Hand Foundation—
Henry the Hand© Champion Hand Washing Program—Dr. William P. Sawyer, creator. <http://www.henrythehand.com/>

Keep Kids Healthy Web Site.
<http://www.KeepKidsHealthy.com>
NSF International, The Scrub Club™, <http://www.scrubclub.org>

Before During After	ANSWERS To Matching Game Using the Restroom Preparing food or drinks Helping someone who is sick Eating or Drinking Petting or playing with your favorite animal Coming in from playing outside Touching your face or hair
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