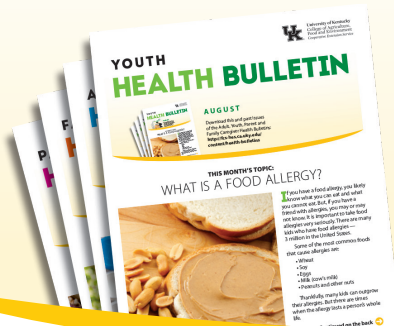




University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# YOUTH HEALTH BULLETIN



**OCTOBER 2021**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC: KEEP THOSE HANDS CLEAN



**D**id you know that your hands could carry germs? You can spread germs to others if your hands are not clean. However, it is easy to keep those hands clean. Do you know how? The very best thing you can do to stop the spread of germs and to stay healthy is to wash your hands on a regular basis to keep them clean.

Continued on the back ➡



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Keep track of time by singing “Twinkle, Twinkle Little Star” or the “Happy Birthday” song twice while washing your hands.

## ➔ Continued from page 1

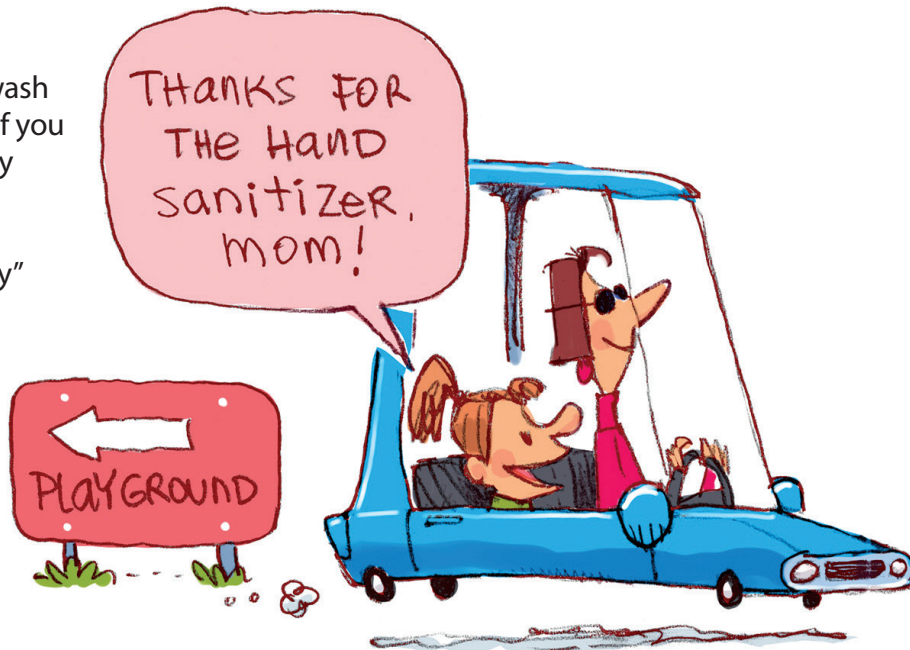
Do you know how long you should wash your hands for? That’s right, 20 seconds. If you do not have a stopwatch or a timer handy when you wash your hands, no worries. Keep track of time by singing “Twinkle, Twinkle Little Star” or the “Happy Birthday” song twice while washing your hands.

### To wash your hands correctly, follow these 5 simple steps:

1. Wet your hands with warm water.
2. Apply soap.
3. Scrub your hands for 20 seconds.
4. Rinse well.
5. Dry your hands.

### When to wash your hands:

- After using the restroom
- Before preparing food or drinks
- When helping someone who is sick
- After blowing your nose
- Before eating
- Before and after putting on your mask
- After playing outside
- After petting animals



There are times when you may not be able to wash your hands. If possible, use a hand sanitizer. This will help make sure your hands are clean. Just like soap, you want to make sure you rub the sanitizer on the back of your hands, in between your fingers, and around and under your fingernails.

### REFERENCES:

- <https://ukhealthcare.uky.edu/wellness-community/blog-health-information/are-you-washing-your-hands-correctly>
- <https://www.cdc.gov/handwashing/handwashing-family.html>

### Can you unscramble these words?

WSHA YUOR NHDAS RFO ETTWNY  
SSCNEOD!

\_\_\_\_\_

\_\_\_\_\_

ANSWERS: WASH YOUR HANDS FOR TWENTY SECONDS

YOUTH  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)

