

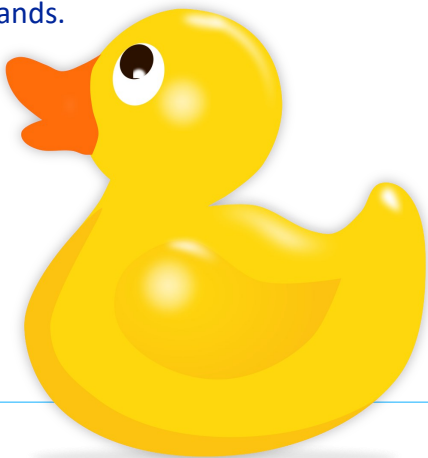
Handwashing is an easy, inexpensive, and effective way to help your family stay healthy. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your children make handwashing a healthy habit at home, school, and play by:

Teaching kids the five easy steps for handwashing—wet, lather, scrub, rinse and dry—and the key times to wash hands, such as after using the bathroom or before eating.

Giving frequent reminders so that handwashing becomes a habit and a regular part of your child's day.

Lead by example by washing your hands.



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Wash Your Hands!



20 seconds, every time!





This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, G.O.I.D., and Staples. HHS/CDC does not endorse commercial products, services, or companies.

The CDC recommends washing both sides of your hands, front and back, in-between fingers, and under nails with soap and water for at least 20 seconds, which can seem like a long time for kids.

Teaching your children a handwashing song is a great way to ensure that they are properly washing their hands!

Songs to try:

- ◆ Chorus of Baby Shark
- ◆ The A, B, C's
- ◆ Chorus of Let It Go from Frozen
- ◆ If you are happy and you know it X 2