

## HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

### How to Wash Hands:

- ◆ **Wet** hands under warm running water
- ◆ **Scrub** with soap for a count of **20**, all over hands and between fingers
- ◆ **Rinse** under running water for a count of **5**
- ◆ **Dry** hands with a clean paper towel
- ◆ **Turn** off taps with a paper towel

### When to Wash Hands:

- ◆ Before eating or handling food
- ◆ After using the toilet, handling pets, coughing, sneezing, or wiping noses

### How long is 20 seconds?

- ◆ Slowly singing Happy Birthday twice takes about 20 seconds

For more information contact:

- ◆ Your local Health Unit
- ◆ BC Nurse Line (1-866-215-4700) a free call
- ◆ BC Health Files [www.bchealthguide.org/healthfiles/index.stm](http://www.bchealthguide.org/healthfiles/index.stm)

### Health Units:

Esquimalt	360-5600	Salt Spring Island	538-4880
Outer Gulf Islands	539-3099	Sooke	642-5464
Peninsula	544-2400	Victoria	388-2200
Saanich	744-5100	West Shore	478-1757