

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 plain soap for a count of **20**, all over hands and between fingers
- ◆ **Rinse** under running water for a count of **10**
- ◆ **Dry** hands with a clean paper towel
- ◆ **Turn** off taps with a paper towel

When to Wash Hands:

- ◆ Before and after 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:

- ◆ HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- ◆ www.dobugsneeddrugs.org

Health Units:

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|--------------------|--------------|--------------------|--------------|
| Esquimalt | 250-519-5311 | Salt Spring Island | 250-538-4880 |
| Outer Gulf Islands | 250-539-3099 | Sooke | 250-642-5464 |
| Peninsula | 250-544-2400 | Victoria | 250-388-2200 |
| Saanich | 250-519-5100 | West Shore | 250-519-3490 |