

Handwashing

Children share many items including books, puzzles, computers, water bottles and sports equipment, throughout the school day and at home. During the cold and flu season, this sharing can spread germs that can cause sickness. Handwashing, when done correctly, is the best way to prevent the spread of infection.

To help keep the people in your home stay healthy, take these steps:

- Encourage children to sneeze into the bend of their arm rather than into their hands
- Make time for handwashing, especially before eating
- Always have soap, paper or hand towels within easy reach
- Remind children (and adults too!) to wash their hands:
 - Before eating, preparing food or visiting someone who is sick
 - After using the bathroom, blowing your nose, sneezing or coughing, handling garbage, touching animals, playing outdoors, or visiting someone who is sick
 - When they look or feel dirty

Together we can make the healthy choice the easy choice!

Revised from Nutrition Tools for Schools[®] 2007
Ontario Society of Nutrition Professionals in Public Health, Jan. 2011

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