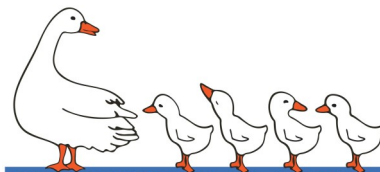


Educational Playcare Presents



EDUCATIONAL PLAYCARE
Childcare and Schools for Young Children

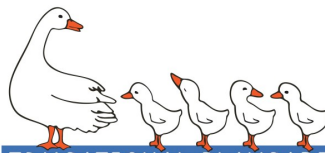
Handwashing Facts



- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about handwashing helps them and their communities stay healthy.
Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 16-21%
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57%



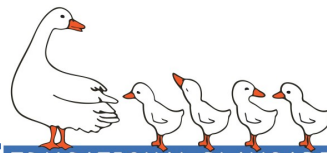


When to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats



How to wash your hands



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. Read more about why the CDC recommends cleaning your hands a specific way here: [Show me the Science](#)



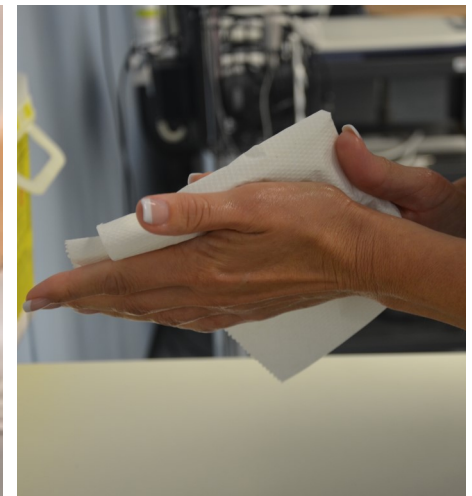
Get your hands wet with clean, running water (warm or cold), turn off the tap, and apply soap.



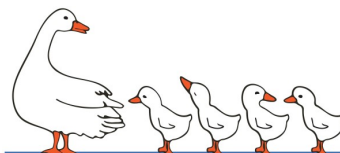
Lather your hands by rubbing them together with soap. Be sure to lather the backs of your hands, between fingers, and nails. Scrubs hands for at least 20 seconds. Tip: Sing a song!



Rinse hands under water with hands pointed down.



Dry your hands with a paper towel or air dry them.



Fight Germs. Wash Your Hands!



This handwashing demonstration will show you how handwashing can get rid of germs and chemicals that get on our hands every day.



Source: <https://www.cdc.gov/cdctv/healthyliving/hygiene/fight-germs-wash-hands.html>



When to Use Hand Sanitizer

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

Note: Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizer?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies. Read more about why the CDC recommends cleaning your hands with hand sanitizer a specific way here: [Show me the Science](#)

