

Germs & Handwashing

Be Safe, not Sorry!

What are Germs?

Germs are tiny invaders that can make our bodies sick.

Some kids may think that germs are bugs or cooties or other gross stuff, but actually germs are tiny organisms, or living things, that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them. When they get in our bodies, we don't know what hit us until we have symptoms that say we've been attacked!



Where Germs Hide



at SCHOOL~ YOUR Desk,
Bathroom door knobs and
surfaces, hand railings, light
switches, remote controls, pens,
pencils and crayons, tables,
keyboards & water bottles.

at HOME~ Kitchen and Bathroom
sinks, wash clothes and towels,
garbage cans, refrigerators,
shopping cart handles & pet
cages.

How they are Spread

Some of the main ways germs are spread is by **coughing, sneezing, blowing your nose or rubbing your eyes**. You can share and get germs this way as well.

Germs are passed on when **children who are sick with colds, infections, and stomach illnesses are near others**. Every surface that a sick child touches is a potential place where germs can hide.

If a person doesn't wash their hands well after they **use the toilet** they can spread germs to others and to the food that they touch or prepare.

When playing with **animals or playing outdoors**.

When **changing diapers**.

When **handling food**.



When Should I Wash my Hands?

- After arriving to school or work
- After coughing, sneezing and blowing your nose
- After using the bathroom or changing diapers
- After touching any sores, lacerations or infected areas
- After eating a meal/snack
- After playing outside
- After handling raw meat/poultry or unwashed fruits and vegetables
- After playing with pets
- After playing in water more than one person has used
- Before touching animals
- Before eating a snack or meal
- Before handling food
- Before giving and taking medication
- Before putting contacts in

If you're hands and fingernails are dirty!!

When Should I Wash my Hands?



How Should I Wash my Hands?

Three things that you will need ~ Soap, Warm Water and Friction!

Plus this 6 Step Process that includes:

1. Wet hands with warm, running water
2. Add soap
3. Rub hands vigorously for 20 seconds washing all surfaces
 - Front and Backs of hands
 - Wrists
 - Between finger and tips of fingers
 - Under fingernails
 - Thumbs
4. Rinse ~ Keeping fingers pointing down
5. Dry vigorously with paper or clean cloth towel.
6. Turn off faucet with towel.



[Hand-washing Video](#)

How it works: Washing with Soap and Water

How it works:

- The soap suspends the dirt and soils
- The friction motion helps pull dirt and grease or oily soils from the skin
- Warm running water washes away suspended dirt and soils that trap germs
- Final Friction of wiping hands removes more germs.

Make Handwashing a Healthy Habit!!

Thorough Hand Washing Can Help Prevent Diseases

Handwashing plays a major role in preventing the spread of diseases. Washing your hands regularly with soap and water can protect you from many illnesses caused by viruses and bacteria. Washing removes germs you pick up.

The Minnesota Department of Health (MDH) strongly encourages everyone to develop good hand washing habits.

Handwashing GETS RESULTS!!!

Study of 305 Detroit students who washed four times a day:

- 24% fewer colds and 51% less stomach upset.

Minnesota daycare-teachers helped the kids wash their hands every morning when they arrived and the staff disinfected all areas.

- Result was 50% fewer illnesses at daycare.

Another Minnesota school has begun using foam soap. (WE DO!) #**RailStrong**

- Result is 75% increase in handwashing rates.

YOUR HEALTH is in **YOUR HANDS**



**Handwashing
is the best way to
stop the spread of
illness.**



Revision Date: 11/20/09

I'm a Fan of Handwashing



USE SOAP

Wash 20 Seconds - Goodbye Germs

Sponsored by the
Minnesota Departments of
Health and Agriculture and the
Food Safety Partnership of Minnesota