

Hand washing



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

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

- Encourage children to sneeze into the bend of their arm rather than into their hands
- Make time for hand washing, especially before eating
- Always have soap, paper or hand towels within easy reach
- Remind children (and adults) to wash their hands:
 - Before eating, preparing food or visiting someone who is sick
 - After using the bathroom, blowing their 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!

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

