

introduction to handwashing

Germes are everywhere. Washing your hands is the easiest way to stop germs from spreading. Think about all the things you've touched today that are touched by others, from handrails to doorknobs. Washing your hands at least five times a day reduces your risk of getting a cold, the flu and other infections.

wash your hands

use the toilet

- After changing diapers
- After blowing your nose or wiping a child's nose

children should wash their hands

or coughing

- After playing with shared toys
- After playing outside

how to wash your hands

alone does not get rid of germs.

- Wet your hands.
- Apply soap.
- Rub your hands together for at least 20 seconds or the time it takes to sing *Twinkle, Twinkle, Little Star*.

- Rinse your hands for 10 seconds.
- Dry your hands with a clean or disposable towel.

encourage your children to wash their hands by

- Having soap in every washroom and in the kitchen
- Having regular soap – antibacterial soap promotes bacterial resistance
- Having clean or disposable towels to dry hands
- Having them copy you
- Making it part of the daily routine
- Making it fun by singing a song or making faces in the mirror
- Having a stool so that the children can reach the sink

handwashing songs

Encourage the children to sing one of these songs to ensure they are washing for 20 seconds.

- Twinkle, Twinkle, Little Star
*Twinkle, twinkle, little star,
Look how clean my two hands are.
Soap and water, wash and scrub,
Get those germs off rub-a-dub.
Twinkle, twinkle, little star,
Look how clean my two hands are.*
- Wash Your Hands
(Tune of *London Bridge is Falling Down*)
*Wash your hands and clean them well,
Clean them well, clean them well.
Wash your hands and clean them well,
Until the germs are gone.*

- Wash, Wash, Wash Your hands
(Tune of *Row, Row, Row Your Boat*)

*Wash, wash, wash, your hands,
Play our handy game.
Rub and scrub, scrub and rub,
Germs go down the drain. Hey!*

*Wash, wash, wash your hands,
Play our handy game.
Rub and scrub, scrub and rub,
Dirt goes, down the drain. Hey!*

- You can also use the children's favourite song, even if it's not about handwashing, for example, the ABC song.

Use regular soap instead of the antibacterial kind. Antibacterial soap promotes bacterial resistance.