

## **Nurse's Nook....the key to staying healthy!**

Face it, if the title of this had been "handwashing" you likely would have scrolled right on past this paragraph, but since we have your attention please bear with us. The single most important thing you can do to minimize transmitting disease causing germs is to wash your hands well and frequently. Wash them before touching or eating food, after using the bathroom, changing a diaper, taking out the trash, visiting a person who is ill, blowing your nose, or after touching your pet.

Here are some tips for teaching your children about proper handwashing:

- Handwashing should take 15-20 seconds or about enough time for your child to sing through the birthday song twice.
- Water temperature does not matter (water that is ok to touch your hands is not hot enough to kill germs) but it needs to involve soap and scrubbing all parts of the hands, even the fingernails.
- Hands should be dried with a paper towel (in a public toilet) and that paper towel should be used to shut off the faucet and if possible to open the exit door.
- In your own home, hand towels should be changed every 2-3 days or more often if someone in the home is ill or you have a large household.

Hand sanitizers are not an adequate substitute for handwashing. They are good at killing germs but do not remove soil from the hands. They are an acceptable alternative when soap and water is not available. To properly use sanitizer you should use enough to spread it all over your hands and should keep rubbing it until it dries (about 15-20 seconds) Sanitizer should not be wiped off of hands as that minimizes its germ killing properties.

As always please call the nurse in your child's school for any questions.