

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Good Handwashing

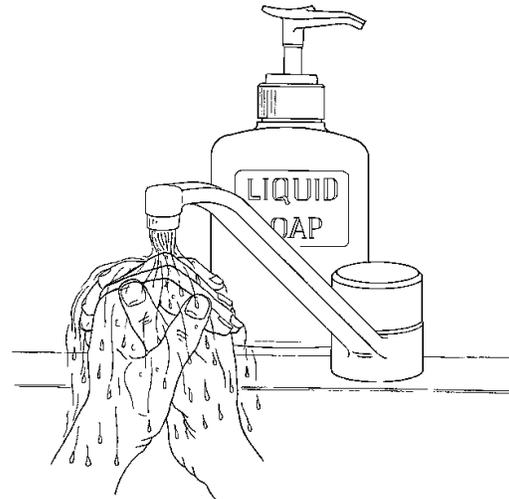
## Why you should wash your hands

One of the best things you can do to prevent infection is to wash your hands well and often. This keeps germs on your hands from infecting you and others. Most people catch colds by rubbing their nose or eyes when there are germs on their hands.

## When to wash your hands

You should wash your hands:

- before and after cooking, or preparing food, snacks, or bottles
- before eating meals and snacks
- after using the toilet or helping a child use the toilet
- after diapering a child
- after you touch things that have body fluids or wastes on them (like blood, urine, stool, saliva, or fluids that come from the nose, eyes, or sores)
- before and after giving medicine, changing bandages, or doing another medical procedure
- after playing with animals
- after cleaning up after animals
- after caring for a sick child or animal
- after coughing, sneezing, or wiping your nose
- whenever your hands are dirty



**One of the best things you can do to prevent infection is to wash your hands well and often.**

Teach your child how to wash his or her hands. Remind young children to wash their hands. Check your child's hands before meals to make sure they have been washed well.

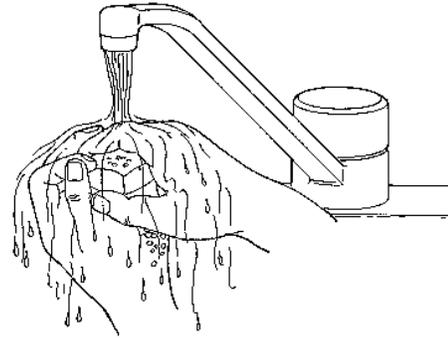
## How to wash your hands

### What you need:

- Warm, running water
- Soap (liquid soap is better than bar soap, because germs can stay on the bar)
- Clean towel or dry paper towel
- Trash container for paper towels

### What to do:

1. Take off your rings. Take off your watch, or move it up on your arm.
2. Turn on warm water. Keep the water running while you wash your hands.
3. Wet your hands.
4. Rub soap over your wet hands. Lather well. If you need it, add more soap.
5. Rub soap on all parts of your hands and above the wrists. Make sure you get soap around the nails and between the fingers. Scrub for 15 seconds. If you need very clean hands to do a procedure on a sick child, scrub your hands for 2 minutes. Do not rinse when you are soaping up. The scrubbing with soap takes the germs off your hands.
6. Rinse off all the soap. Let the water flow from above, toward your fingertips. Leave the water running.
7. If you used a bar of soap, rinse it off before you put it on a soap rack, so it can drain.
8. Dry your hands completely with a clean towel or a dry paper towel.



**The scrubbing with soap takes the germs off your hands.**

9. Hold the towel in your hand to turn off the water.

10. If your hands feel too dry, put on hand lotion.

### **Now that you've read this:**

Show your nurse or doctor how you wash your hands.  
(Check when done.)

Tell your nurse or doctor why liquid soap is better than a bar of soap.  
(Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
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#100 • Written by Fran London, MS, RN • Illustrated by Dennis Swain and Irene Takamizu