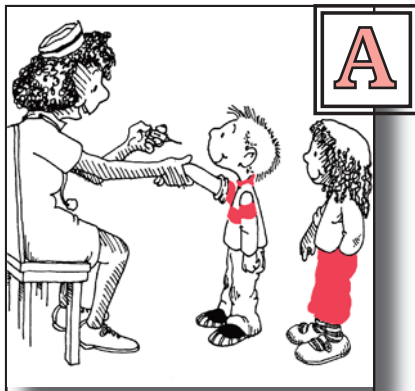
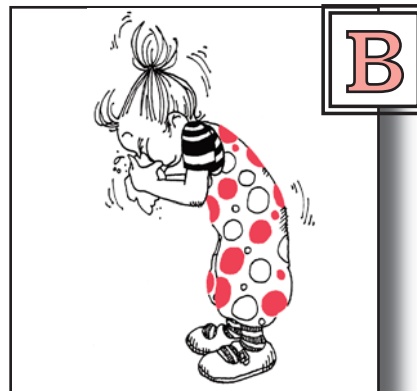


# How To PREVENT THE SPREAD OF INFECTIONS



**Be Immunized**



**Wipe Your Nose  
with a Tissue**



**Cough and Sneeze  
into Your Elbow**



**Wash Hands  
Before Eating**



**Wash Hands After  
Using Toilet**

Handwashing fact  
sheets courtesy of



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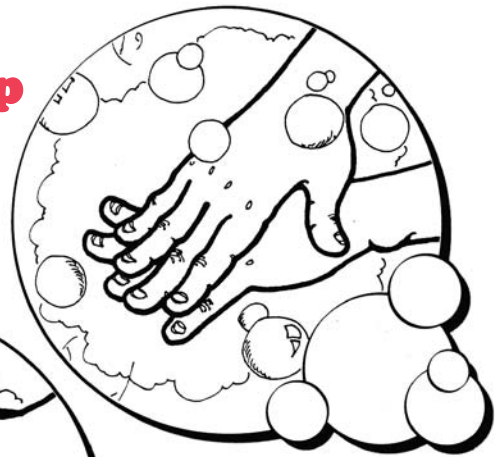
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# How To WASH YOUR HANDS

## 1. Wet Hands



## 2. Soap



## 3. Rub hands for 15-20 seconds



## 4. Rinse



## 5. Towel dry



## 6. Turn off tap with towel



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# Handwashing is the Best Way to Reduce the Spread of Infections

## How are infections spread?

Infectious diseases (colds, flu and upset stomachs) can make life unhappy for children, parents, caregivers and educators. We can't stop all infections, but we can control spreading germs. Germs can be passed from person to person through contact or just from being in the same room. Toy sharing, hugging and kissing are all quick ways to pass germs, but shouldn't be discouraged. What must be encouraged is handwashing.

## Preventing the spread of germs

Everyone's help is needed to control the spread of germs. Parents, children, caregivers and educators must work together to stop germs from spreading. The following activities are key:

- **Handwashing** is the best way to stop germs from spreading. Everyone must wash their hands after going to the toilet, changing a diaper, after caring for or cleaning up after someone who is sick, and before making or eating food.
- **Immunization** – Both children and adults should have up-to-date vaccinations (shots.) Contact your local health department for a list of funded vaccines in your province.
- **Illness** – Children should stay home when they are sick. Parents need a back-up plan at these times.
- **Communication** – Parents should tell caregivers and teachers about their child's health.
- **Keep it Clean** – Make sure that your kitchen, bathroom and toys are kept clean and disinfected.
- **Discourage children from sharing** clothing, combs, brushes and toothbrushes.



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# Why Handwashing Keeps Us Healthy

Germs that make people sick can be passed to others on our hands. Handwashing is the best way to stop the spread of infection. Regular handwashing must be an everyday habit for everyone.

Parents, caregivers and teachers are role models for children. Start the handwashing habit early by washing a baby's hands after diapers are changed.



## When Hands Need to be Washed

### Children's hands must be washed –

- after being diapered
- after using a potty or toilet
- before touching or eating food
- after playing outside

### Adults must wash their hands –

- after going to the toilet
- after taking a child to the toilet
- after changing diapers
- before feeding a child, preparing food or eating
- after cleaning up body fluids such as vomit
- after wiping noses
- before giving medicine or applying cream
- after taking care of a sick child



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# Make Handwashing Easy

- Have a safe step-stool so children can reach sinks and taps
- Use liquid soap – it’s easier and better
- Have clean towels or paper towels
- Take wet wipes, soap paper, or hand sanitizers to “make do” when washing facilities aren’t available.



# Make Handwashing Fun

- Make handwashing a game – feel how nice and slippery the soap feels or notice the soap suds
- Post handwashing poster at the sink.
- Sing handwashing songs like this one:

*(Tune of Row, Row, Row Your Boat)*

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

*(Sing twice for 15–20 seconds)*

