



*“Healthier Communities start with Education”*

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### **Hand Washing:**

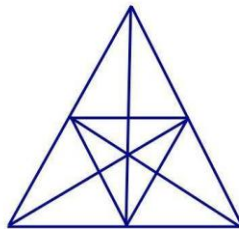
**It is important that your students or child develops the habit of hand washing before and after eating, playing outside, after coughing/sneezing/blowing nose, after touching animals and after using the washroom. It is best to enforce these practices daily at home, school and at friend’s houses to create a routine.**

**For best practices, teach children to use scrub hands with regular soap for at least 15 seconds. Make sure they know where the tricky spots are (between fingers and under nails) and to rinse properly with water.**

**Here are some great ways to keep children standing at the sink long enough for a good wash:**

- **Teach them a song that lasts 15 seconds and get them to sing it every time they wash hands (ABC’s, Old MacDonald had a Farm, etc)**
- **Hang a Where’s Waldo poster above the sink**
- **Post a new math problem that can be resolved in 15 seconds (shapes/patterns)**

**Example: How many triangles do you see?**



**It is recommended by the Canadian Pediatric Society and the American Academy of Pediatrics to use regular soap instead of antibacterial soaps due to the possibility of eliminating residential good bacteria and increasing the chances that resistant bacteria will grow. Antibacterial soaps can include a variety of ingredients: alcohol, triclosan, chlorhexidine and quaternary ammonium compounds. For more information about antibacterial soaps, please visit the Canadian Pediatric Society website at: <http://www.cps.ca/documents/position/antimicrobial-products-in-the-home>**