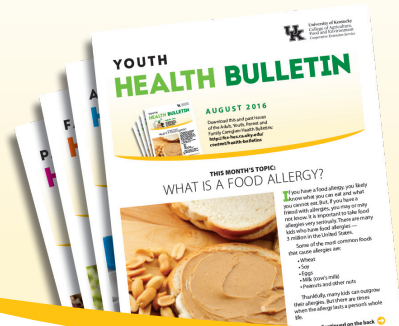




YOUTH

HEALTH BULLETIN



NOVEMBER 2018

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

WASH YOUR HANDS

Has anyone ever asked you, "Did you wash your hands?" Do you know why they are asking if you washed your hands? It is because washing your hands is the best way to stop germs from spreading. Keeping hands clean is one of the most important things you can do to avoid getting sick and spreading germs to others.

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Good hand washing is the first line of defense against the spread of many illnesses like the common cold and the flu.

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When you should wash your hands

You can help yourself and others stay healthy by washing your hands often.

You should wash your hands:

- Before eating and cooking
- After using the toilet
- After blowing your nose
- After playing outside
- After coughing or sneezing
- After petting or playing with pets/animals
- Before and after visiting a sick friend or family member

How to wash your hands

Did you know that there is a correct way to wash your hands? Next time you wash your hands, make sure you follow these steps:

- 1. Use water.** The water can be warm or cold. Just make sure the water is not too hot.
- 2. Use soap.** There are all sorts of soaps and they have many different smells. Pick your favorite and use it!
- 3. Scrub for bubbles.** Make some bubbles on the front and back of your hands. Do not forget your wrists, fingernails, and



between your fingers. You should keep making bubbles for 10-15 seconds.

- 4. Rinse.** Make sure you get all the bubbles off after washing your hands under clean running water.
- 5. Dry.** After washing your hands, use a clean towel to dry your hands.

If soap and water are not available, hand sanitizers or waterless soaps are a good alternative. Just like soap, you want to make sure you rub the sanitizer on the back of your hands, in between your fingers and around your fingernails.

Good hand washing is the first line of defense against the spread of many illnesses, from the common cold to more serious infections, like the flu. Do not underestimate how important it is to wash your hands!

REFERENCES:

- <https://kidshealth.org/en/teens/handwashing.html>
- <https://www.cdc.gov/Features/HandWashing>
- <https://www.cdc.gov/family/autumn/autumntips.pdf>

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