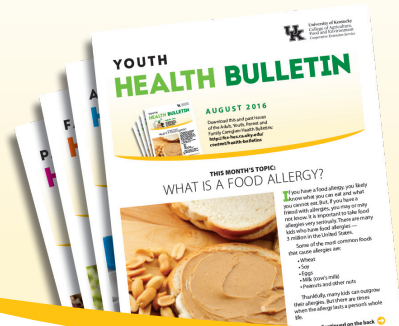




YOUTH

HEALTH BULLETIN



DECEMBER 2019

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

THIS MONTH'S TOPIC:

HOLIDAYS AND HANDWASHING



Washing your hands is the best way to stop germs from spreading this holiday season.

How to wash your hands

- 1. Wet your hands** with clean, running water (warm or cold). Make sure the water is not too hot for your hands.
- 2. Use soap, and lather up for about 20 seconds.** Don't know how to keep track of 20 seconds? Hum the "Happy Birthday" song from beginning to end twice.
- 3. Make sure you get in between your fingers,** on the backs of hands, and under your nails where germs like to hang out. Don't forget your wrists!
- 4. Rinse, and dry well** with a clean towel.

Continued on the back →



Good handwashing helps protect you against illnesses like the common cold, meningitis, bronchiolitis, and the flu.

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If you do not have water, don't worry. You can still stop the spread of germs by using waterless hand sanitizers, soaps, or scrubs. It's always a good idea to keep these sanitizers in your book bag, car, locker, purse, or sports bag for easy access.

You can help keep your friends and family healthy by washing your hands often, especially in the key times when you are likely to get and spread germs.

Before

- Eating,
- Cooking,
- Touching your mouth, eyes, or nose, or
- Touching a cut or scrape.

And after

- Going to the bathroom,
- Playing with pets or other animals,
- Touching pet food or treats,
- Being on playground equipment,



- Being close to a person who is sick,
- Touching a dirty diaper, or
- Touching garbage.

Clean hands help health

Good handwashing is the first line of defense against the spread of germs. It helps protect you against everything from the common cold to more serious infections, such as meningitis, bronchiolitis, and the flu.

This holiday season, do not forget the power of handwashing! Enjoy the holidays with family and friends by exchanging gifts instead of germs.

RESOURCES:

- <https://www.stanfordchildrens.org/en/topic/default?id=teaching-kids-to-wash-their-hands-1-972>
- <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- <https://kidshealth.org/en/kids/wash-hands.html>
- <https://kidshealth.org/en/teens/handwashing.html>



Can you unscramble these words?

- SAWH SNAHD: _____
- OTPS SREMG: _____
- EUS OSPA: _____
- SUE SITANZREI: _____

ANSWERS: WASH HANDS, STOP GERMS, USE SOAP, USE SANITIZER

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Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)

