



Washing My Hands, Is It Really That Important?

This book was designed to help parents, educators, and providers explain the Coronavirus, when and how to properly wash hands, and offers some tips on ways to stay as healthy as possible.



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It is important to wash hands.

Washing hands is the best way to help control the spread of germs.

Right now there is a dangerous virus, called coronavirus, or COVID-19 going around the world.

Some of the ways this virus spreads are:

- When a sick (infected) person coughs or sneezes and their germs go through the air and land on another person
- If you touch something that a sick (infected) person has touched.

It is important to know when to wash hands.

You should wash your hands if you touch something that someone else has touched, especially if it was in their mouth.



You should wash your hands after you spend time outside,



before and after you eat,



after you use the bathroom,



after you sneeze or cough,



after you use electronics or phones,



after you touch money,



after you touch an animal,



and you should wash your hands after you touch your face.



Here is a recommended way to wash your hands:

1. Wet your hands with warm running water.



It is OK to ask for help if you can't reach the water.

2. Apply soap.



It is OK to ask for help if you can't reach the soap.

3. Lather your hands by rubbing them together with the soap. It may be easier to use a soapy washcloth to get all of the parts of your hands.



Be sure to lather the backs of your hands,

between your fingers,



and under your nails!

You can use a nail brush if you have one.



It is OK to ask for help to rub your hands together and get all parts clean.

4. Scrub your hands for at least 20 seconds.

You can count to 20, to help you or, you can sing the alphabet or the Happy Birthday song twice.

Can you think of another way to make sure you scrub your hands for 20 seconds?



It is OK to ask for help to make sure you scrub your hands long enough.

* If you go to www.washyourlyrics.com you can make a hand washing poster using your favorite song.

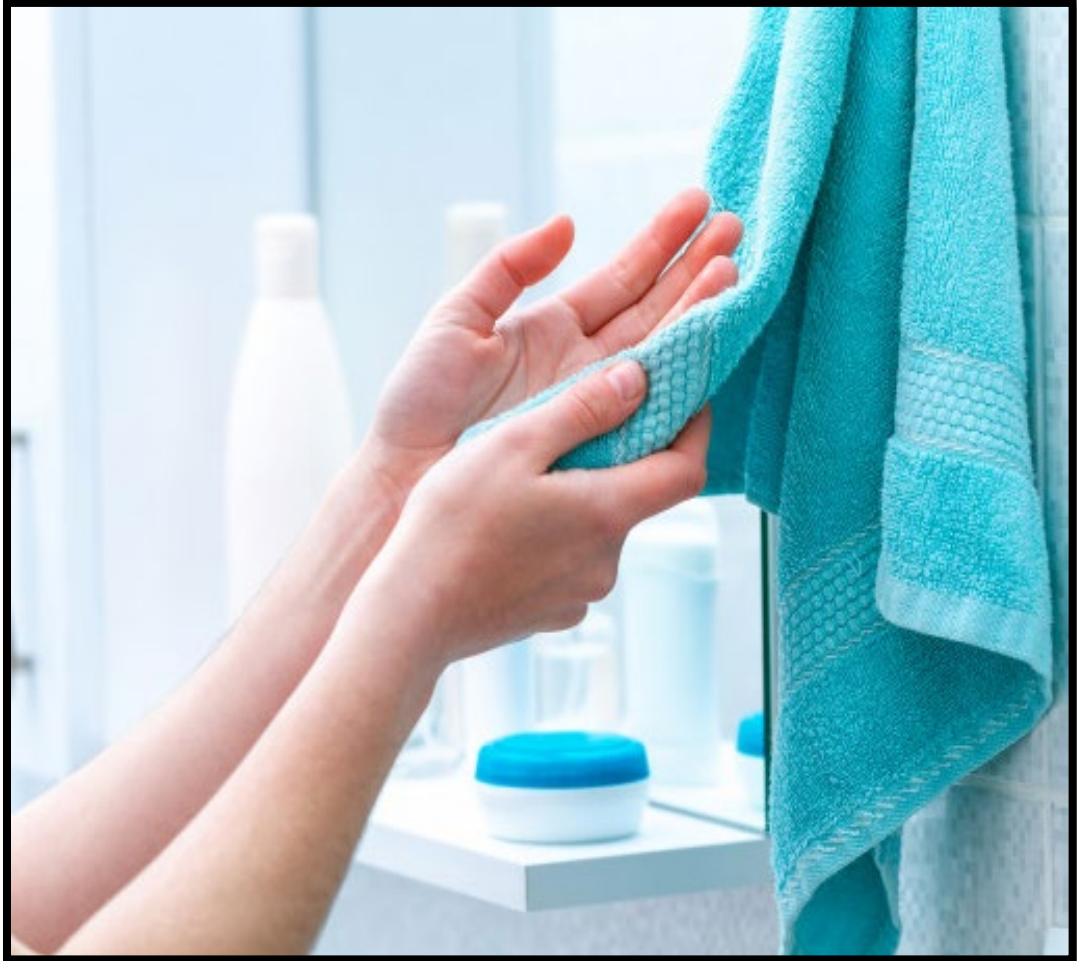
5. Rinse your hands well under warm running water.



If you used a washcloth, rinse the soap out be sure to put it in the laundry!

It is OK to ask for help if you need it.

6. Dry your hands using a **clean** towel.



It is OK to ask for help if you can't reach a towel.

Washing hands often can help keep all of us as healthy as possible!



I can do my part.
I will wash my hands!

Resources:

CDC: Coronavirus Resources

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Ohio Department of Health Resources

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

Guide to Helping Families Coping with the Coronavirus disease:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>