

Name of Child: _____ Date: _____

Good Handwashing

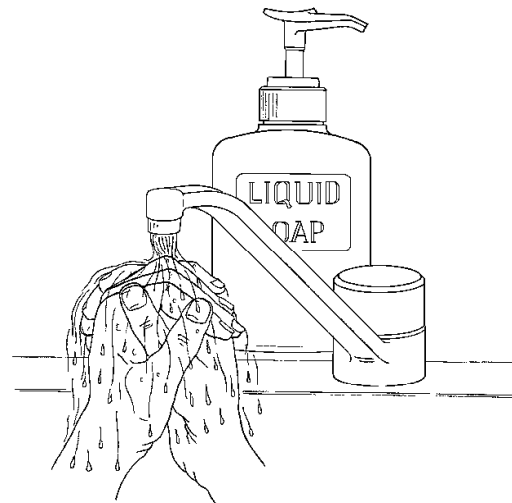
Why you should wash your hands

One of the best things you can do to prevent infection is to wash your hands well and often. This keeps germs on your hands from infecting you and others. Most people catch colds by rubbing their nose or eyes when there are germs on their hands.

When to wash your hands

You should wash your hands:

- before and after cooking, or preparing food, snacks, or bottles
- before eating meals and snacks
- after using the toilet or helping a child use the toilet
- after diapering a child
- after you touch things that have body fluids or wastes on them (like blood, urine, stool, saliva, or fluids that come from the nose, eyes, or sores)
- before and after giving medicine, changing bandages, or doing another medical procedure
- after playing with animals



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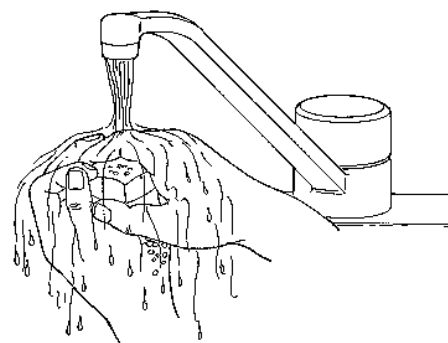
- after cleaning up after animals
- after caring for a sick child or animal
- after coughing, sneezing, or wiping your nose
- whenever your hands are dirty

Teach your child how to wash his or her hands. Remind young children to wash their hands. Check your child's hands before meals to make sure they have been washed well.

How to wash your hands

What you need:

- Warm, running water
- Soap (liquid soap is better than bar soap, because germs can stay on the bar)
- Clean towel or dry paper towel
- Trash container for paper towels



The scrubbing with soap takes the germs off your hands.

1. Take off your rings. Take off your watch, or move it up on your arm.
2. Turn on warm water. Keep the water running while you wash your hands.
3. Wet your hands.
4. Rub soap over your wet hands. Lather well. If you need it, add more soap.
5. Rub soap on all parts of your hands and above the wrists. Make sure you get soap around the nails and between the fingers. Scrub for 15 seconds. If you need very clean hands to do a procedure on a sick child, scrub your hands for 2 minutes. Do not rinse when you are soaping up. The scrubbing with soap takes the germs off your hands.
6. Rinse off all the soap. Let the water flow from above, toward your fingertips. Leave the water running.

7. If you used a bar of soap, rinse it off before you put it on a soap rack, so it can drain.
8. Dry your hands completely with a clean towel or a dry paper towel.
9. Hold the towel in your hand to turn off the water.
10. If your hands feel too dry, put on hand lotion.

Now that you've read this:

- Show your nurse or doctor how you wash your hands. (Check when done.)
- Tell your nurse or doctor why liquid soap is better than a bar of soap. (Check when done.)



- If you have any questions or concerns,
- call your child's doctor or
 - call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, September 20, 2005 • DRAFT to family review
#100 • Written by Fran London, MS, RN • Illustrated by Dennis Swain



The Emily Center

Good Handwashing

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 100
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!