

Dear Parents,

Today, a representative from the Children's Hospital at Bronson had the opportunity to talk with your child about Germs, Hand Washing and Staying Healthy.

Germs are found on all types of surfaces around the home such as: remote controls, light switches, doorknobs, stair railings and kitchen counters. Think about all the things you touch each day and how many people may have touched them before you.

Unfortunately, some germs can cause illnesses like diarrhea, colds, earaches and other, more serious, sometimes even life-threatening, diseases.

When we forget to wash our hands, or don't wash them properly, we can spread these germs to other people, or give them to ourselves by touching our eyes, mouths, noses or cuts on our bodies. Handwashing, when done correctly, can help us stay healthy and avoid spreading and receiving germs.

TIPS For Preventing the Spread of Germs In Your Family:

WHEN SHOULD YOU WASH YOUR HANDS?

Before:

- Preparing or eating food
- Treating a cut or wound or tending to someone who is sick
- Inserting or removing contact lenses
- Holding a baby

After:

- Going to the bathroom
- Handling uncooked foods, particularly raw meat, poultry or fish
- Changing a diaper
- Blowing your nose, coughing or sneezing
- Playing with or touching a pet, particularly reptiles and exotic animals
- Handling garbage
- Touching someone who is sick or injured
- Playing with toys, other children or outside

HOW SHOULD YOU WASH YOUR HANDS?

- Use soap and warm, running water
- Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under fingernails
- Rub hands together for at least 10 to 15 seconds
- When drying, if possible, use a clean or disposable towel. Pat your skin rather than rubbing to avoid chapping and cracking

Complete and return the attached survey, in the attached postage paid envelop, for a chance to win an All Purpose First Aid Kit.

The Children's Hospital At Bronson
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