

Fairfax County School Health Promotion January/February Newsletter



“Rock. Paper. Scissors. SOAP!”

News You Choose or Keep in Touch

“Handwashing!”

Germes are everywhere! They get onto your hands and items you touch as you go throughout your day. People frequently touch their eyes, nose, and mouth without realizing it after coming into contact with contaminated objects like cell phones, doorknobs, laptops, and tabletops. Your first line of defense against harmful germs is handwashing which is easy, cheap, and an effective way to prevent the spread of germs and keep you healthy.

Studies have shown handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. When done correctly, handwashing is the single most effective way to prevent the spread of contagious diseases. It involves these simple steps: wet, lather, scrub for 20 seconds, rinse, and dry. You would be surprised how long 20 seconds really is when you take the time to count it out.

Lead by example! Remember younger children imitate what they see you do. By using proper handwashing techniques, you are less likely to get sick and miss important events in your life.

Resource Corner:

<https://www.fairfaxcounty.gov/health/handwashing>

<https://www.cdc.gov/handwashing/materials.html>

Podcasts: <https://www.cdc.gov/handwashing/podcasts.html>

References:

www.cdc.gov

Hashtag:

#ffxhealthykids



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