Fairfax County School Health Promotion January/February Newsletter

"Stay Healthy. Wash Your Hands!"

News You Choose or Keep in Touch

Germs are everywhere! Washing your hands is the best way to stop germs from spreading. When kids come in contact with germs, they can become sick just by touching their eyes, nose, or mouth. Once they are ill, it is usually just a matter of time before the rest of the family gets sick. When your family is healthy, you don't need to worry about missing school, work, or other activities. For effective handwashing, follow these simple steps: wet, lather, scrub for 20 seconds, rinse, dry. It takes time for children to build handwashing skills. Your child may need reminders when to wash their hands, like after using the restroom, playing outside, coughing, sneezing, or before eating. When taught early, handwashing can become a lifelong healthy habit. Children learn by modeling behaviors of adults. When you make handwashing part of your routine, you set an example for your children to follow.
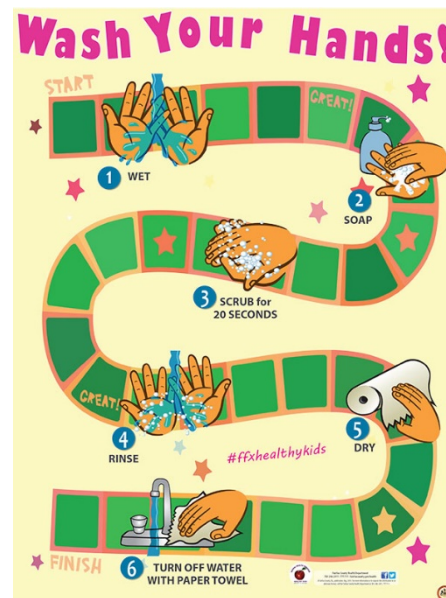
Resource Corner:

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

www.kidshealth.org

Hashtag:

#ffxhealthykids

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This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.