healthpoweredkids™

WASH HANDS FOR HEALTH!

Germs are everywhere. Today we learned about germs and the importance of hand washing to keep us healthy.

Fact: Washing your hands is the easiest way to reduce the risk of spreading germs that cause infections. Everyone can benefit from learning good hand washing techniques.

You should wash your hands after using the bathroom, blowing your nose, coughing, sneezing, or before eating. If you cannot get to a sink, clean your hands with a water-less alcohol hand-rub.

Hands get more germs on them than other parts of your body. When you touch your eyes, nose or mouth, the germs can get inside your body and can make you sick. When you have germs on your hands, you can spread the germs to other people and make them sick too.

AT HOME ACTIVITY

Using the traditional "Happy Birthday" song, create your own hand washing song. Once you have the lyrics create a colorful poster with your family and hang your song near the sink to encourage good hand washing.

Here's an example:

Washing hands is a must
For the germs and the dust
Soap and water's the key
To keep you healthy!

Now create your own!

CREATE A FRUIT AND VEGGIE STICKER COLLAGE!

Now that your hands are clean from a good hand washing, grab a healthful piece of fruit or vegetable for a snack and wash it too. Before you do, peel off the PLU sticker and start a collage on a piece of colored paper. Set a weekly goal of how many fruits and vegetables your family should eat. Track your progress by watching the collection of stickers add up.

Allina Health