KixCare

Healthy Handwashing Habits

Why Is It Important to Wash Your Hands?

Washing your hands often and correctly is the best way to prevent yourself and others from being sick!

When Should You Wash Your Hands?

- Wash your hands
- Before eating
- Before touching your face
- Before touching a cut or scrape
- After eating
- After touching your face
- After using the toilet
- After playing with animals
- After being on playground equipment
- After using public transportation
- After being close to someone who is sick
- After touching the garbage
- After touching a dirty diaper.

How Should I Teach My Child to Wash Their Hands? (*Hint: Make It Fun and Sing!*)

1. **Get your hands wet in water.** Put soap in your palms and make suds.
2. **Rub your hands to the duration of Happy Birthday song twice.** Make sure to get between your fingers, under your nails, and on your knuckles.
3. **Rinse your hands** by holding your hands under the water and rinsing them clean.
4. **Shake your hands in the sink** to remove excess water and dry them on a clean towel or hand dryer.

When Should I Use Hand Sanitizer Instead of Soap?

Use hand sanitizer when there is no visible dirt or grease on your hands. Soap and water work best when your hands are visibly dirty. If you use hand sanitizer, ensure that there is *at least 60% alcohol*.

Take Home Messages:

- **Be a good role model!** - If children see that you wash your hands often after eating, before cooking a meal, after using the washroom, then they will also develop the habit!
- **Be patient. -** Building habits take time!
- **Remind your kids that not all germs are obvious. -** It still important to wash your hands even if your hands aren't visibly dirty!