

WHEN TO WASH YOUR HANDS

When you
get home



Before you eat



After you
sneeze or
cough



After you go to the bathroom



After you play
with pets



After you
play outside



A Rotary Healthy Habit Poster Project

The Rotary Club of Ithaca, NY, Cayuga Medical Associates, and Tompkins County Health Department



For more information: link to www.ithacarotary.com for Handwashing campaign Materials

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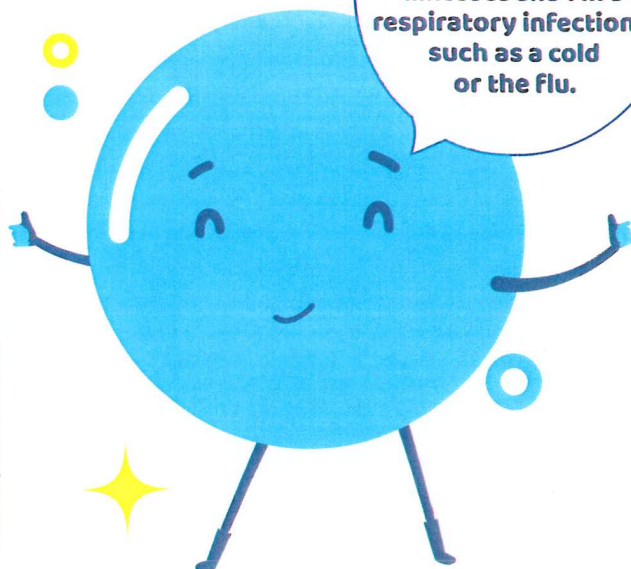
HELP PROMOTE

Clean Hands for Health

Parents and caregivers: Handwashing is one of the most effective ways to prevent the spread of germs and keep your family healthy. Teach kids early and remind them daily—and you'll create a lifelong habit that keeps everyone healthier and happier.

Why?

Handwashing can prevent 1 in 3 cases of diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu.



When? Remind your child to wash their hands at these key moments:

- ✓ after using the bathroom
- ✓ after playing outside
- ✓ before eating
- ✓ after coughing, sneezing, or blowing their nose
- ✓ after touching pets
- ✓ after touching garbage

How? Teach children these five easy steps for handwashing:



WET your hands with clean, running water (warm or cold), then turn off the tap.



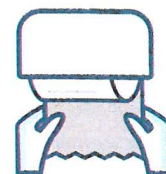
APPLY SOAP to your hands and rub them together. Be sure to lather the backs of your hands, between your fingers, and under your nails.



SCRUB your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.



RINSE hands well under clean, running water.



DRY hands using a clean towel or air-dry them.

Keep Reminding! Building good handwashing skills takes time. At first, your child will need regular reminders. But soon it will become a healthy habit and a regular part of your child's day!

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Students: Let's work together to stop the spread of COVID-19

DID YOU WASH YOUR HANDS?

stop



think



wash hands



ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I just eat?

Did I cough or sneeze?

*Did I touch supplies or objects
that other people have touched?*

Did I touch garbage?

Did I touch my cloth face cover?

*If you can't wash your hands,
ask your teacher or another
adult for hand sanitizer.*

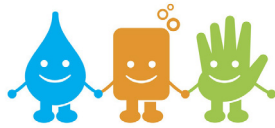
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GLOBAL HANDWASHING DAY 2019

Clean Hands for All

This year's theme follows the push to leave no one behind in the Sustainable Development agenda. Inequalities in handwashing facilities and handwashing promotion programs can put individuals at higher risk for diseases that impact their health, education, and economic outcomes. Our tagline, ***Clean Hands for All***, reminds us that we must be inclusive when addressing handwashing disparities.

WHAT YOU CAN DO



Ensure handwashing policies and programs are inclusive to all individuals



Establish accessible and appropriate places to wash hands in households, schools, workplaces, health facilities, and other community spaces



Conduct further research on handwashing inequities in different settings



Promote effective and inclusive handwashing behavior change in research and policies

ABOUT GLOBAL HANDWASHING DAY

Global Handwashing Day is a global advocacy day dedicated to increasing awareness about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.



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HANDWASHING

is your superpower!



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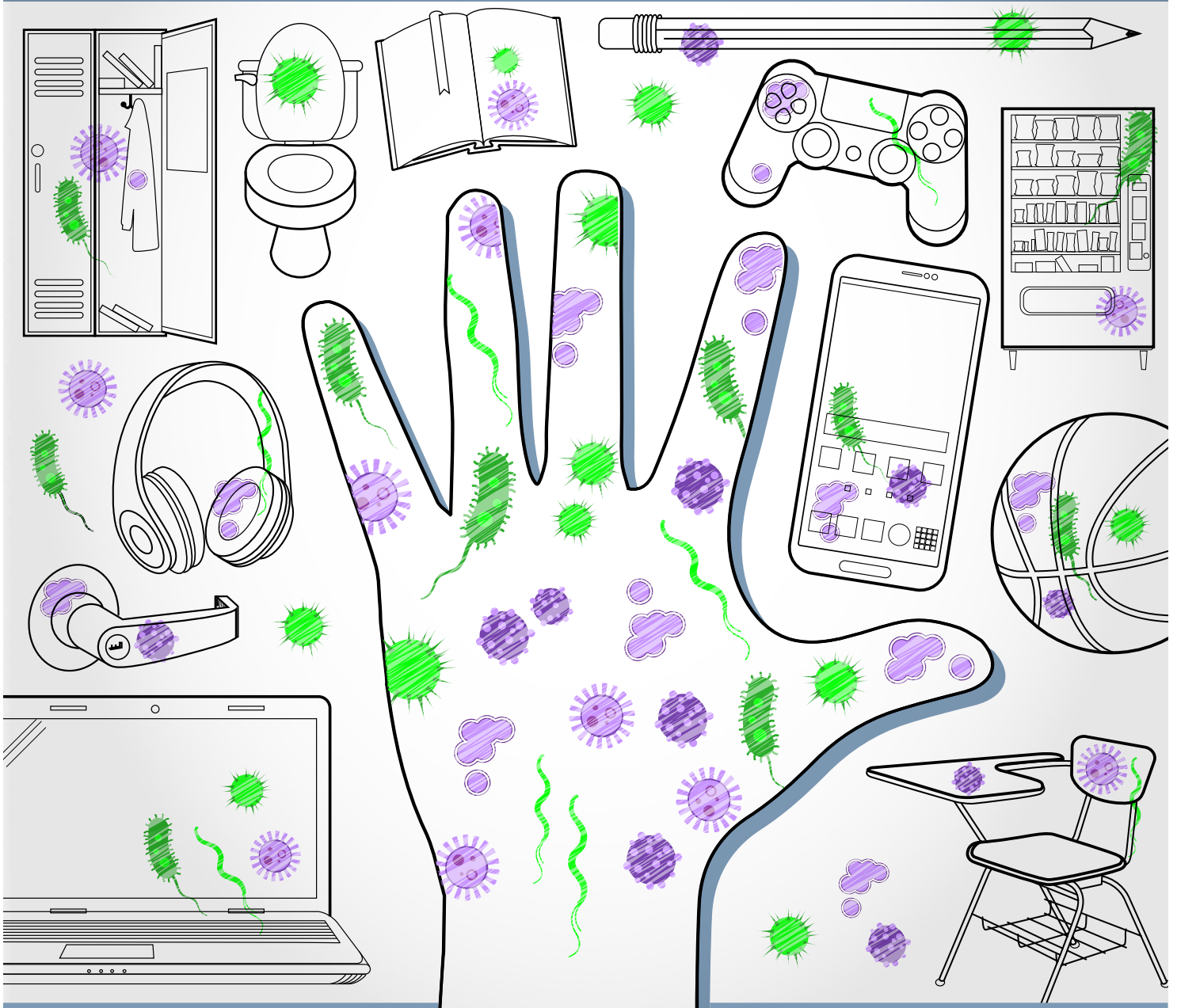


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GERMS

are all around you.



Stay healthy.
Wash your hands.

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CLEAN HANDS FOR *All*

www.globalhandwashing.org



Global Handwashing Day
October 15

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1,000,000,000,000
germs can live in
one gram of poop

(That's the weight of a paper clip!)

WASH YOUR HANDS

after using the toilet _____

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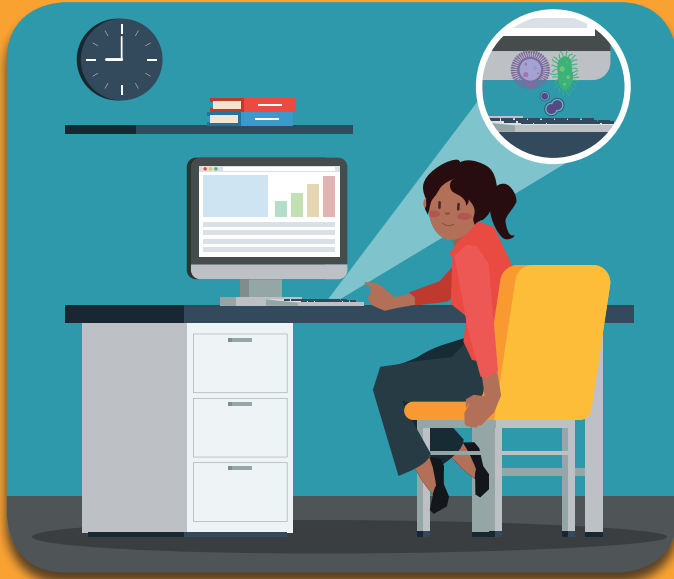


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Germes are everywhere!

You can pick up germs from things you do every day.



Wash your hands so you don't get sick.

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A HEALTHY FUTURE IS IN YOUR HANDS



CLEAN HANDS KEEP YOU HEALTHY



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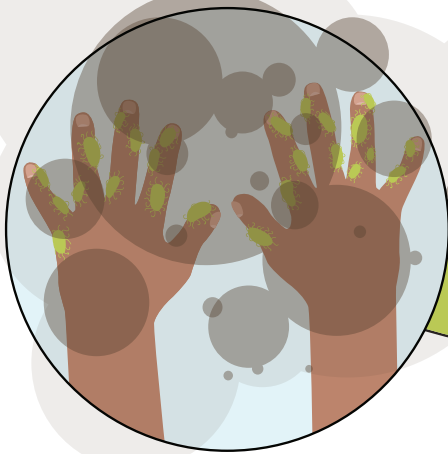
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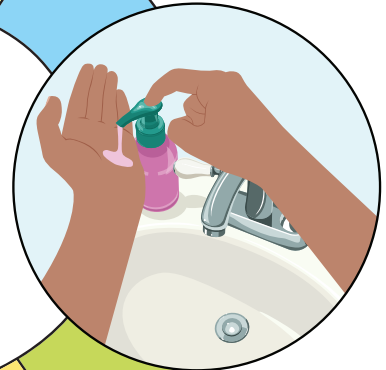
Wash Your Hands!



Dirty!



Wet



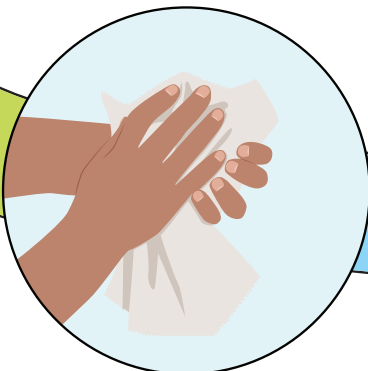
Get Soap



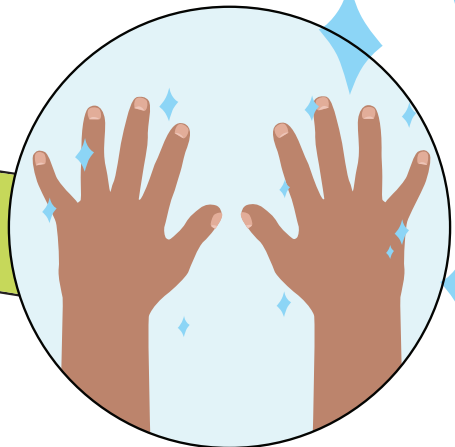
Scrub



Rinse



Dry



Clean!

www.cdc.gov/handwashing

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