

Helpful Tips



- ▶ Children should have nails cut to a short length which makes them easier to clean. This action will help prevent the spread of disease.
- ▶ Parents should make sure that children are washing their hands properly.
- ▶ It is expected that using these recommended guidelines will decrease the number of sick children and number of days that they may be sick.



Parent Information

For More Information
contact:

Parent Information
Handout

Super Hand says



"WASH THOSE HANDS"

HAND WASHING
And
DISEASE
PREVENTION

**Brevard County
Health Department
Epidemiology Department**

**Partnering with Brevard County
School Board and the University
of Florida Brevard County**

Hand Washing and Disease Prevention

In the United States there continues to be problems with spreading many diseases. In places like schools, where many people spend a great deal of time together in confined spaces they present a real challenge. If there is one person sick, it is fairly easy to pass the illness on to others. Many diseases commonly seen such as **shigellosis (dysentery), salmonella, meningitis, SARS and the flu** can be passed on from person to person. The great news is that using good hand washing practices, can prevent these illnesses.



Good Hand Hygiene is the result of using soap and water or hand gel/rinse to wash hands. Following are some guidelines that will control the spread of disease:

Guidelines

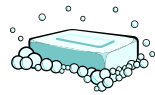
When to Wash Hands using



Soap and Water or Hand Gel/Rinse



- Before eating
- After coughing, sneezing, blowing or cleaning nose. Always cough into your elbow or tissue, not your hands.
- After contact with a sick person
- After using the restrooms
- After outdoor / indoor play (recess)
- After working with supplies that are shared by many individuals



- After contact with pets / animals

Hand Gel/Rinse is NOT as effective in these situations

- When hands are visibly dirty or very soiled
- After working with paints, clays and other similar art materials

What is Hand Gel/Rinse ?

This product sanitizes hands without the use of water. It is most effective when hands have no visible dirt. When the hand gel/rinse is rubbed into hands until dry, it eliminates organisms that cause sickness. If hands are dirty, the hand gel can't get to all the germs and kill them. Hands with visible dirt should be washed with soap and warm water.

How To

Wash Hands

- Wet hands—using warm water
- Apply soap (size of a quarter-coin)
- Scrub hands together for at least 20 seconds
- Cover all surfaces, thumbs, fingertips, under fingernails, and in between fingers
- Rinse with water
- Dry thoroughly with disposable towels.
- Use disposable towel to turn off the water
- Throw away used disposable towel



Use Hand Gel/Rinse

- Apply just enough to cover both hands entirely
- Rub hands together
- Cover all surfaces, thumbs, fingertips, under fingernails and in between fingers until hands are dry

It is highly recommended that all people working with children routinely use good hand hygiene practice. School staff working with your child will take special precautions and practice good hand washing in order to protect themselves and avoid spreading disease. You should do the same at home to protect yourself and strongly encourage children to wash their hands or use hand gel / rinse frequently and thoroughly.