

Hand washing

Why is it important to wash our hands?

Washing your hands with soap for 20 seconds is the best way to stay healthy and stop germs from spreading.

Be sure to wash your hands:

- Before you touch your eyes, nose, or mouth
- Before and after touching a cut
- After touching garbage, petting animals, or if your hands look dirty
- After playing outside

Helpful tips

- Use regular reminders for your child to wash their hands
- Lead by example washing your hands
- Make it fun by making up your own song or game. There are also videos you can find on YouTube
- Use hand sanitizer if soap and water aren't available

[Learn more about handwashing steps.](#)

Remember to wash your hands often to stay safe and clean! More information can also be found on [Grand Erie Public Health's website.](#)

