

December's Healthy Habits Campaign Message is:

## **Be kind to your friends – wash your hands!**

Hand washing is important for everyone! In fact, it is one of the best ways to prevent sicknesses such as flu and the common cold, as well as many other more serious illnesses. Everyone should wash their hands with warm soapy water when possible; when soap and water are not available, an alcohol-based hand sanitizer should be used instead.

**Turn this page over** to find ideas for including hand hygiene messages into your morning/afternoon announcements.

**The key points to focus on this month are:**

- ***Germs are everywhere and when a germ gets in your body, it can make you sick.*** Germs are tiny and they stick to hands and surfaces and travel from person to person. When you touch your hands to your mouth, nose, or eyes or bring germs into your body in any other way, you run the risk of those germs making you sick.
- ***Washing your hands regularly is the easiest thing you can do to protect yourself and your friends from getting sick!*** Germs like to travel from person to person on people's hands. Cleaning your hands pulls germs off your skin and helps prevent the spread of germs from your hands to other people's hands and other objects. When you have less germs on your hands, it's much less likely that those germs will infect you or travel to a friend and infect them.
- ***Hand washing is such an easy way to keep from getting sick that there is no excuse for not doing it!*** When you can reach a sink, wash your hands with soap and warm water, being sure to scrub for 20 seconds. When a sink's not available, rub a dollop of alcohol-based hand sanitizer into your hands until your hands feel dry.

**Here are a few resources to help you promote hand hygiene with students:**

- Centers for Disease Control: [http://www.cdc.gov/germstopper/home\\_work\\_school.htm](http://www.cdc.gov/germstopper/home_work_school.htm)
- Be A Germ Stopper!: <http://www.peelregion.ca/health/shp/germ-stop-manual/>

**Thank you for your help promoting the health of Chatham County's students!**

## **Morning/Afternoon Announcements Ideas**

Use these announcements throughout the month to call attention to December's healthy habit. Use the messages below or ask your students to write some for you!

- This month our Healthy Habits Campaign message is: Be kind to your friends – wash your hands! We'll learn how keeping our hands clean, can keep us all healthy and happy.
- Cleaning your hands regularly is one of the best things you can do to keep from catching a cold, the flu, or a stomach virus. Wash with soap and warm water when you can get to a sink or use hand sanitizer, when you can't.
- When you wash your hands, scrub them with soap and warm water for 20 seconds, this will send the germs and dirt down the drain. And don't forget to clean under your finger nails and between your fingers- these are places where germs like to hide!
- Do you know the correct way to use hand sanitizer? When you clean your hands with hand sanitizer, rub the gel or spray into all parts of your hands and keep rubbing until your hands feel dry again.
- How does keeping your hands clean show your friends you care? When you clean your hands regularly, you share less dirt and germs with your friends, which will keep everyone healthier and happier.
- Thank your friends the next time you see them washing their hands – they're doing their part to keep germs and sickness from spreading to you and others in your school.
- Germs are so tiny you can't see them, so you might not know if there are germs on your hands that could make you sick. It's best to clean your hands regularly, to get rid of any germs that might be hiding on your hands.
- Germs need to get inside your body to make you sick, and they can do that when you rub your eyes or nose, or touch your mouth. Cleaning your hands when you can and trying not to touch your face too much will go a long way in keeping you healthy. Staying healthy is great because it lets you hang out with your friends and do the things you like to do.

Around School:

- "Catch" students and staff practicing good hand hygiene. Take their pictures washing their hands or using hand sanitizer and post these photos on a bulletin board.
- Post student-made posters about germs and hand washing in the halls and around bathrooms and cafeterias.
- Ensure access to hand washing facilities and/or hand sanitizer for students and staff.