



## Proper Hand Washing

Several children are experiencing a variety of illnesses. Please show them how to wash their hands and make sure they are not rinsing their hands before they have spent several seconds really washing fingertips and between fingers...with friction. Also talk to them about keeping their hands away from their face at all times and to wash before meals, after using the bathroom, playing outside or with pets, and sometimes in between. Please watch them at home for bad habits and continue to remind them until their habits change. Good hand washing habits is THE single best way to prevent the spread of illness. Let's be ready for flu season!