

# Clean Hands...Healthy You!



ACTIVITY BOOK  
FOR GRADES JK - SK

Updated December 2018

TBDHU.COM



Thunder Bay District  
**Health Unit**

# Clean Hands...Healthy You!

## Information for parents and caregivers.

Although they are very tiny and can only be seen with a microscope, germs can cause big problems, especially during cold and flu season. There are two important infection control strategies that can reduce the spread of illness-causing germs.

### 1. CLEAN HANDS

If you have soap and water, here's how:

1. Wet hands with warm water.
2. Use soap and scrub for at least 15 seconds while singing the song slowly.
3. Rinse and dry - if you're outside of the home, use a paper towel to turn the tap off.

*Wash my hands with soap you see,  
Wash them clean as clean can be.  
Inside, outside, my fingers too.  
Around my thumbs and then I'm  
through.  
Now rinse away the dirt and stains,  
Send those germs down the drain!  
Sung to the tune "Twinkle, Twinkle  
Little Star" Author: Carole Cooper*

No soap and water? Here's how:

1. Use a hand sanitizer with at least 60% alcohol.
2. Apply a dab and rub; don't forget between the fingers and backs of the hand.
3. Rub for 15 seconds until hands are dry.

### 2. COVER COUGHS AND SNEEZES

No tissue? Here's how:

1. Cough or sneeze into the upper sleeve, not the hands.
2. Wash hands with soap and water OR use hand sanitizer

If you have a tissue... here's how::

1. Cover with a tissue.
2. Put used tissues in the garbage.
3. Wash hands with soap and water OR use hand sanitizer.

*Cover your mouth, cover your nose.  
Use a clean tissue for all your blows!  
No tissue in sight? Don't despair.  
Use your sleeve to keep germs out of  
the air!*

### HELPING CHILDREN LEARN

1. Review the proper way.
2. Offer gentle reminders.
3. Be a role model.

For more information call the Health Unit at 625-8318 or toll-free at 1-888-294-6630, ext. 8318. Visit our website at [TBDHU.COM](http://TBDHU.COM) and search "Hand Hygiene".

### AVOID PRODUCTS LABELED AS ANTIBACTERIAL.

What's wrong with antibacterial soaps and lotions?

Triclosan is one of the three main chemicals in antibacterial soaps. Triclosan is absorbed by your body. Health effects can include skin irritation, allergies and hormone problems. Most of these products are washed down the drain, passing through water treatment plants and back into streams and lakes. Triclosan is toxic to algae and has been found in fish, where it may also have hormonal effects. It may also promote the growth of stronger, more resistant bacteria.

For more information, visit [ecosuperior.org/triclosan](http://ecosuperior.org/triclosan)

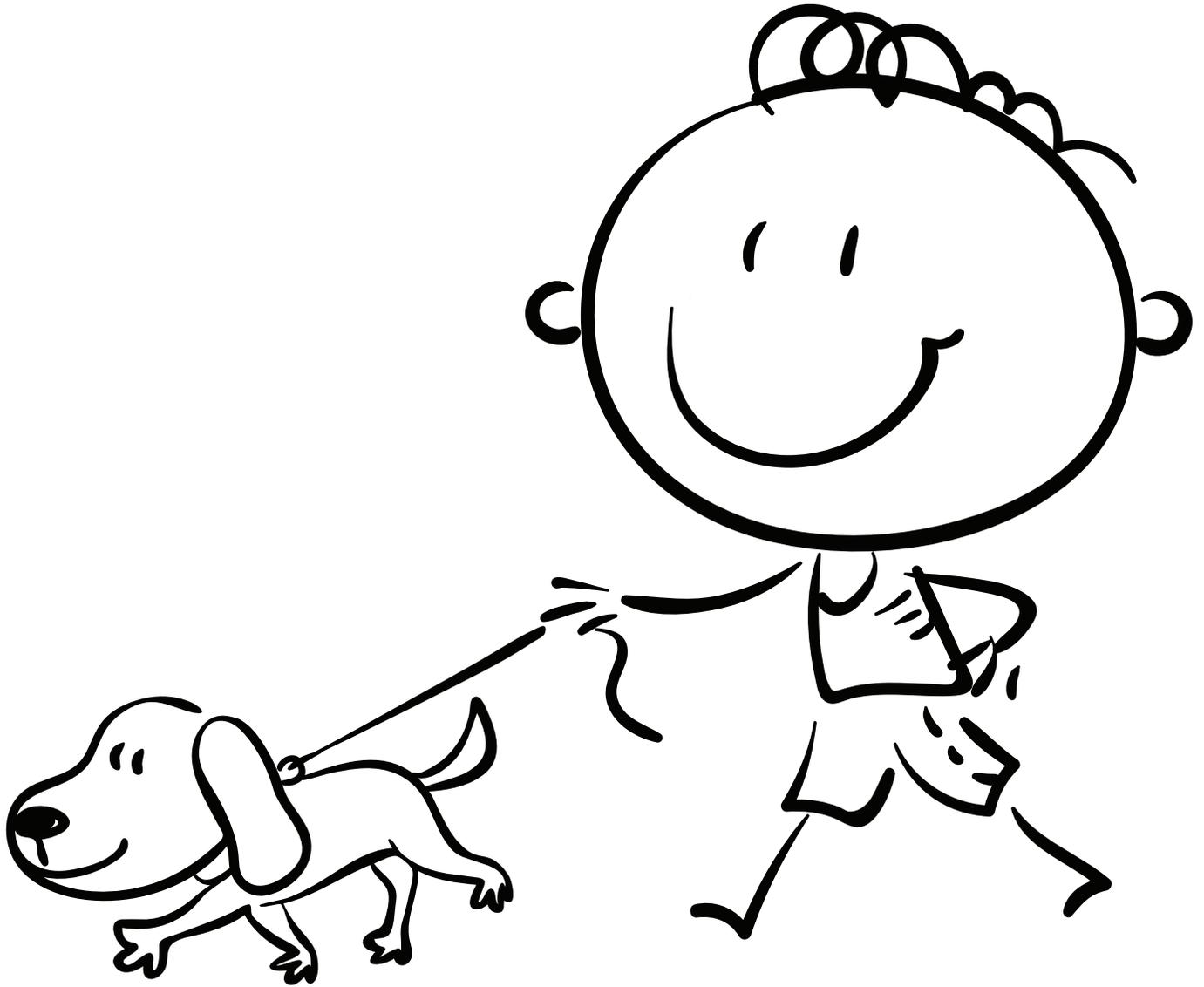
# Clean Hands...Healthy You! - 1, 2, 3

Wash your hands after playing outside.



# Clean Hands...Healthy You!

Wash your hands after playing with pets.

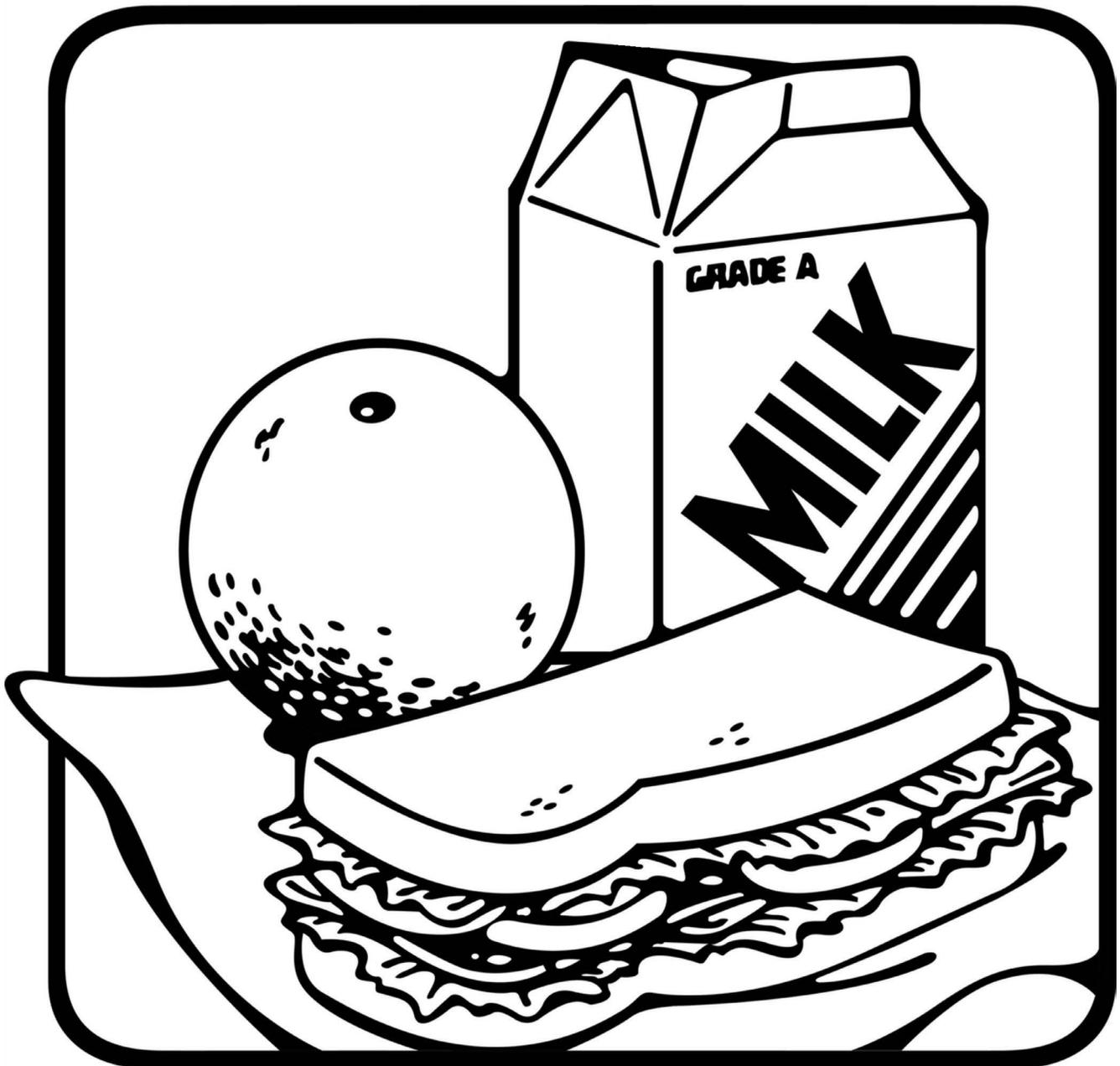


# Clean Hands...Healthy You!

Wash your hands after using the bathroom.

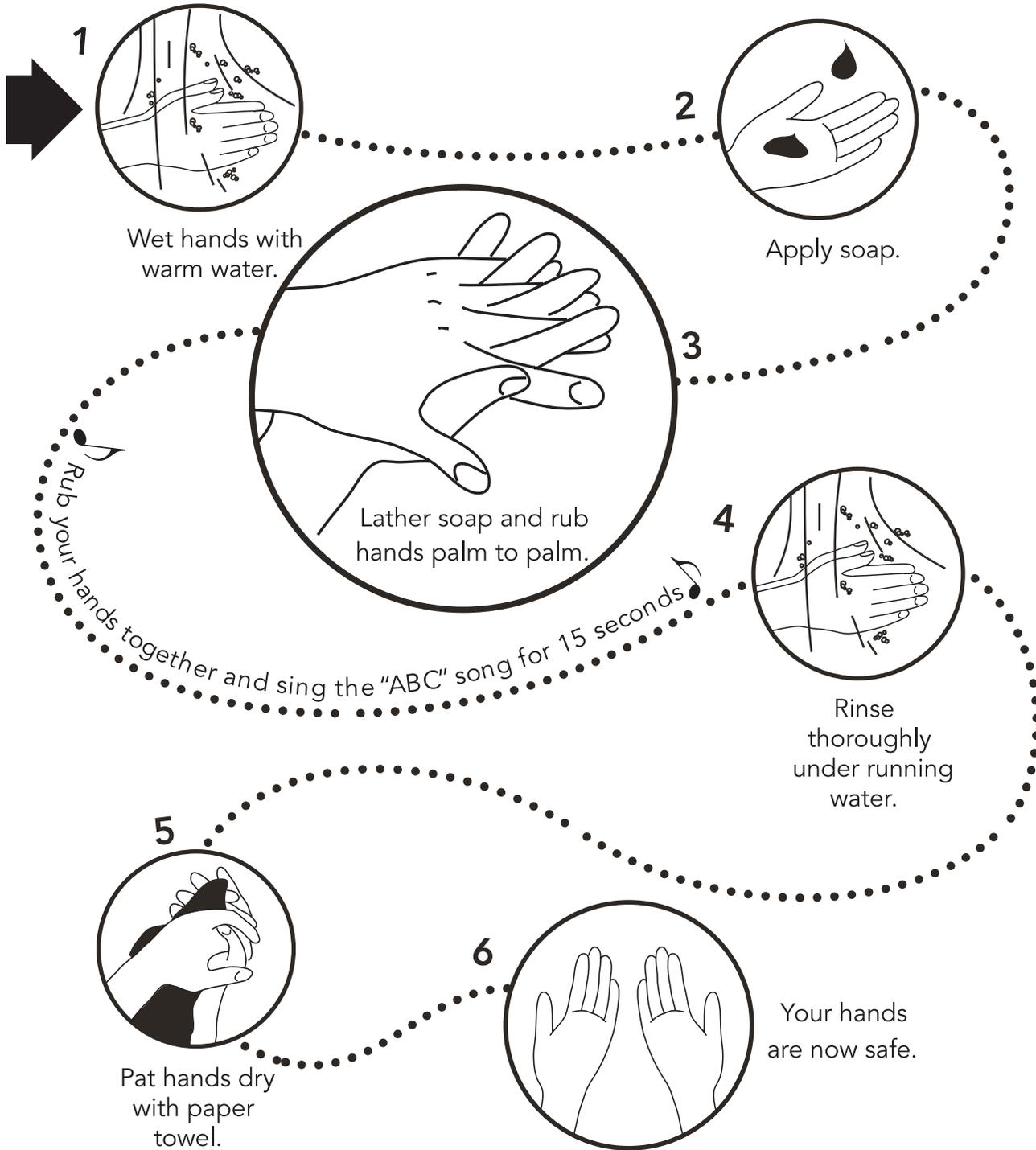


**Clean Hands...Healthy You!**  
Wash your hands before eating.



# Clean Hands...Healthy You!

## How to wash your hands.



## DISTRICT OFFICES

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(807) 854-0454

### **Manitouwadge**

1-888-294-6630

### **Marathon**

P.O. Box 384  
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Marathon ON P0T 2E0  
(807) 229-1820

### **Red Rock**

P.O. Box 196  
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School Board Learning Centre  
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40 Salls Street  
Red Rock, ON P0T 2P0  
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### **Terrace Bay**

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