

HEALTH PROMOTING SCHOOLS

Superheroes wash their hands!

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

Let's all be a Handwashing Hero:

Have you ever tried to keep track of how many surfaces you touch in a single day?? It would be quite challenging. Daily tasks such as preparing meals, maintaining personal hygiene, and cleaning the house contribute to the collection of bacteria and viruses on our hands. Regular handwashing is one of the most effective methods for protecting yourself and others against the transmission of germs.

Viruses can survive for hours on frequently touched surfaces like phones, doorknobs, remote controls, and faucets. Adopting simple practices such as washing your hands regularly, disinfecting shared items, and staying home when unwell can significantly reduce germ spread, promoting better health for yourself and those around you.

Keep in mind that proper and frequent handwashing remains one of the most reliable strategies to prevent the spread of germs and many common infections.



RESOURCE LINKS:

Posters:

[English cleaning hands](#)

[French cleaning hands](#)

[Reduce the spread of infectious diseases: How to properly wash your hands \(infographic\) - Canada.ca](#)

[be-clean wash-your hands.pdf](#)

[Health - Reduce the spread of illness - wash your hands poster](#)

[Using hand sanitizer poster](#)

Links:

[Hand Washing](#)

[Communicable disease resources - gnb.ca](#)

Additional Tips:

Follow these handwashing steps:

1. Wet hands and apply liquid soap or clean bar soap.
2. Rub your hands together, scrubbing all skin surfaces including fingernails and between fingers.
3. Continue scrubbing for at least twenty seconds (sing Happy Birthday song twice).
4. Rinse hands with clean water.
5. Dry hands well with paper towels or clean cloth.
6. Turn off tap with paper towel or cloth.

Remember if soap and water are not available use hand sanitizer with at least 60% alcohol.

Handwashing Videos:

[Reduce the spread of infectious diseases: How to properly wash your hands \(described video\)](#), 1min 20 secs.

[Hand-washing heroes - Canada.ca](#) 47 seconds

