At Your Finger-Tips

Learning hand hygiene begins long before children can read and write. The American Cleaning Institute offers parents 5 Finger-Tips in order to help prevent their young ones from getting sick, spreading illness and missing school.

1. Set a good example by washing your own hands often and properly.

2. Teach kids to wash their hands for at least 20 seconds, rinsing and drying completely.

3. Explain to kids the reasons they should wash up, to keep from getting sick and spreading germs.

4. Tell kids when to wash, such as after using the bathroom, before eating and after touching animals, blowing your nose, coughing and sneezing.

5. Keep alcohol-based hand sanitizers, gels or antibacterial wipes on hand when soap and water are unavailable.

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