

# Mealtime Memo

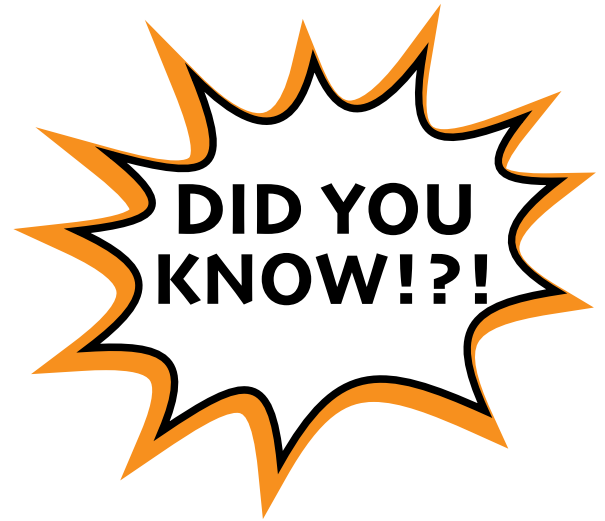
*for Child Care*

## Prevention is in Your Hands!

Handwashing is proven to be one of the best ways to prevent getting sick and spreading germs, infection, and disease. Practice handwashing and good hygiene every day. Remember, prevention is in your hands!

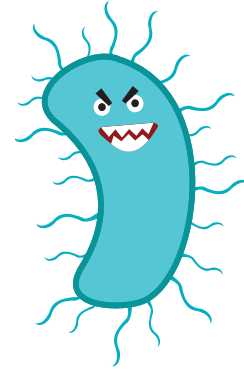
### Food for Thought

- Did you know? [The presence of handwashing posters increases the likelihood of people washing their hands.](#) However, studies show the same sign in the same location will be overlooked over time. [Mix it up, and keep it fun but informational.](#)
- Check out [ICN's health and hygiene posters, fact sheets, and videos](#) to use in your child care center or home.
- Take a look at the science behind [why we wash our hands.](#) Learn how germs spread and make people sick. Discover how handwashing combats antibiotic resistance.
- [Research the four major types of germs and prevention methods.](#) KidsHealth provides reader-friendly information to explain germs and prevention to children in your care.
- Are you prepared for an emergency? Check out these great CDC [tips for handwashing and proper hygiene following an emergency.](#)





# Soap Versus Germs



## Materials:

- shallow dish
- water
- ground black pepper
- soap (bar or liquid)

This activity illustrates how soap works to repel germs. The dish represents everyday objects that many people may touch, such as doorknobs or other people's hands. The pepper represents germs that can pass from objects to people.

## Instructions:

Place about an inch of water in a shallow dish. Sprinkle ground black pepper evenly across the surface of the water. Ask for a volunteer to dip their fingertip into the water mixture. The black pepper that sticks to the finger shows how germs transfer by touch. Have the same person rub a small amount of soap on their fingertip and dip it back into the water mixture. The soap will cause the pepper to repel from the soapy fingertip!

**Prevention is in your hands!**

# EFFECTIVE HANDWASHING



## WET

- Wet hands with clean, running water.
- Apply enough soap to cover all hand surfaces.



## LATHER

- Rub your hands together with the soap.
- Lather the backs of your hands, between your fingers, and under your nails.



## SCRUB

- Scrub for at least 20 seconds.
- Hum the *Happy Birthday* song twice to help with timing.



## RINSE

- Rinse hands well under clean, running water.



## DRY

- Dry your hands with a clean paper towel.
- Throw the paper towel into trash can.



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