Hand washing for Health  
  
Germs spread easily in a classroom.  Hand washing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses.  It is important children learn how and when to wash their hands to decrease their risk of getting sick.  
  
How to Wash Hands:  
  
w  Wet hands under warm running water  
w  Scrub with plain soap for a count of 20, all over hands and between fingers  
w  Rinse under running water for a count of 10  
w  Dry hands with a clean paper towel  
w  Turn off taps with a paper towel  
  
When to Wash Hands:  
  
w  Before and after eating or handling food  
w  After using the toilet, handling pets, coughing, sneezing, or wiping noses  
  
How long is 20 seconds?  
  
w  Slowly singing “Happy Birthday” twice takes about 20 seconds  
  
For more information contact:  
w  Your local Health Unit  
w  HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)<<http://www.healthlinkbc.ca/>>  
w  [www.dobugsneeddrugs.org](http://www.dobugsneeddrugs.org)<<http://www.dobugsneeddrugs.org/>>  
  
Preventing Colds And Influenza (Flu)  
  
Cold and influenza season is here.  As the weather gets cooler and we move indoors, so do germs.  Children need reminders to decrease the risk of colds and flu in your house by:  
  
w  Washing hands often  
w  Coughing and sneezing into their elbow  
w  Not sharing facecloths or towels  
w  Keeping hands away from nose and mouth  
w  Not sharing food or drink with others  
  
To help limit the spread of germs, please keep your child at home if he or she is feverish, coughing a lot, has a thick yellow or green discharge from the nose, or is otherwise obviously unwell.  
  
Viruses cause colds and influenza.  The most effective treatment for a cold is rest and fluids.  The influenza vaccine will protect against specific types of influenza.  Antibiotics will not make a cold or other virus go away faster.  However, more serious infections can start out as a cold.  Call your doctor if your child has an earache, fever higher than 39o C (102o F), rash, is very sleepy, very cranky or fussy, has trouble breathing or a cough that will not go away.  
  
Hand washing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses.  To wash hands properly:  
  
w  Wet hands under warm running water  
w  Scrub with plain soap for a count of 20, all over hands and between fingers  
w  Rinse under running water for a count of 10  
w  Dry hands with a clean paper towel  
w  Turn off taps with a paper towel  
  
Remember to wash hands:  
  
w  Before and after eating or handling food  
w  After using the toilet, handling pets, coughing, sneezing, or wiping noses  
  
For more information contact:  
w  Your local Health Unit  
w  HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)<<http://www.healthlinkbc.ca/>>  
w  Your doctor  
Health Units:  
Esquimalt                    [250-519-5311](callto:250-519-5311)              Salt Spring Island        [250-538-4880](callto:250-538-4880)  
Outer Gulf Islands       [250-539-3099](callto:250-539-3099)              Sooke                          [250-642-5464](callto:250-642-5464)  
Peninsula                    [250-544-2400](callto:250-544-2400)              Victoria                        [250-388-2200](callto:250-388-2200)  
Saanich                       [250-519-5100](callto:250-519-5100)              West Shore                 [250-478-1757](callto:250-478-1757)