

# Family Pledge

**Parents,**

Your child has been learning about the importance of washing and drying hands with a free program from Georgia-Pacific Professional and Weekly Reader that was sent to your child's teacher.

To keep the message top-of-mind and help your family this cold and flu season, we recommend you make a family hand washing pledge. We've started you off with a few ideas. As a family, add other times you should wash your hands, and then have everyone in the family sign the pledge. When you're done, hang the pledge by the sink or on the fridge as a reminder. For more healthy tips and activities for your child, visit [www.TheArtOfWashingHands.com](http://www.TheArtOfWashingHands.com).

Mo, Georgia-Pacific Professional's enMotion® towel dispenser character, wants to help you kick germs out of your home.

**Keep these hand washing tips in mind...**

1. Wet your hands with clean, running warm water.
2. Add some soap and rub hands together so the soap lathers up.
3. Continue rubbing your hands for 15-20 seconds. Make sure to rub the soap between your fingers and under your fingernails. Try singing "Happy Birthday" twice to yourself.\*
4. Rinse your hands well under running water.
5. Dry your hands using a paper towel. Remember to dry between your fingers.
6. Turn off the faucet with the paper towel and then throw it away in the waste basket.



## Our Family's Clean Hands Pledge

We will wash and dry our hands:

- Before eating
- After sneezing, coughing, or blowing nose into a tissue
- After using the toilet

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Signed: \_\_\_\_\_  
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\* CDC, "Clean Hands Save Lives," available online at [www.cdc.gov/cleanhands](http://www.cdc.gov/cleanhands). (Page last modified Feb. 18, 2008.)