

# Dear Family,

“Did you wash your hands?” You’ve probably asked this question plenty of times, and it’s a smart question to ask. One way germs spread is through hand contact, and some of the things we touch most often are the dirtiest. Can you guess what they are?

If you guessed the toilet, you’re right. But get this—the kitchen sink may be even dirtier than the toilet! It probably doesn’t get disinfected as much, and it can be crawling with bacteria from leftover food particles. Other germ-y items include TV remote controls, cell phones, computer keyboards, door handles, coins, and paper money—the list goes on and on.

Germs on your hands can enter your body through your eyes, mouth, and nose. What’s the first line of defense? Hand washing with soap and water! Clean hands are the best protection against colds, flu, food poisoning, and other nasty infections.

Let’s partner to promote good hand hygiene, both at home and at school! Share the tips here with your child; then work together to use the handy “Be a Germ Stopper” chart to track the number of times he or she soaps up each day. Teaching children the importance of hand washing will help them stay healthy for the rest of their lives.

Sincerely,

\_\_\_\_\_ teacher

## How to Wash

- **Wet** your hands under clean, running water.
- **Lather** up your hands, between your fingers, and under your nails with soap.
- **Scrub** for at least 20 seconds. Time yourself by singing the “Happy Birthday” song twice.
- **Rinse** under clean, running water.
- **Dry** with a clean towel.



## When to Wash

- Before eating or preparing food
- After using the toilet
- After coughing, sneezing, or blowing your nose
- After being around someone who’s sick
- After touching money
- After petting an animal or touching animal waste
- After touching anything that’s dirty, like garbage or soil

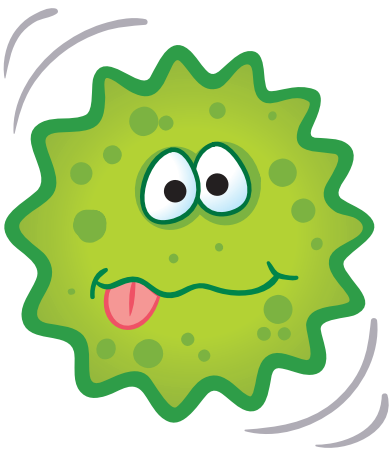


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## Be a Germ Stopper!

Draw a check on the chart every time you wash your hands.



Sunday	Monday	Tuesday	Wednesday

Thursday	Friday	Saturday	Total hand washings for the week

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