

Quick Hand Washing Messages for School Announcements

1. Nearly 22 million school days are lost each year due to the common cold? Wash your hands.
2. Children have about 6-10 colds a year. Wash your hands to prevent the cold.
3. Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. Wash your hands!
4. . "The most important thing that you can do to keep from getting sick is to wash your hands," according to the CDC.
5. School-wide handwashing programs reduce absenteeism. Wash your hands!
6. A study of 305 Detroit children found that youngsters who washed their hands four times a day had 24 percent fewer sick days due to respiratory illness and 51 percent fewer days lost because of stomach upset. <http://vm.cfsan.fda.gov/~dms/fsehandw.html>
7. A study of 290 students in 5 schools (two in Ohio and one each in Delaware, Tennessee, and California) revealed that handwashing education and the use of hand sanitizer resulted in 51 percent less absenteeism. <http://vm.cfsan.fda.gov/~dms/fsehandw.html>
8. Use hand sanitizer if you can't get to soap and water! Clean your hands!
9. Sing two verses of "Happy Birthday" while you wash your hands to scrub for the right amount of time.
10. Women wash their hands more often than men (74% versus 61%). Men...wash your hands!
11. When should you wash your hands?
 - Before preparing or eating food
 - After going to the bathroom
 - After changing diapers or cleaning up a child who has gone to the bathroom
 - Before and after tending to someone who is sick
 - After blowing your nose, coughing, or sneezing
 - After handling an animal or animal waste
 - After handling garbage
 - Before and after treating a cut or wound

12. When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

13. What's the last thing you touched? Remember to wash your hands.

14. Keep our school healthy! Wash your hands!

15. Cover your coughs and sneezes! They spread diseases!