CHILDREN'S COVID -19 CONQUERORS

WONDER WASHER

LAVADOR MARAVILLA

Wash your hands.

Do your part to stop the spread!

What are germs and how are they spread?

Think about all the things you touch each day. How many people may have touched them before you? We carry millions of germs on our hands. Most are harmless, but some can cause illnesses like colds, the flu and COVID-19.

When we forget to wash our hands or do not clean them well, we can spread these germs to other people or give them to ourselves by touching our eyes, mouth and nose. We also can pick up germs from objects such as doorknobs and stair railings. Think about all of the surfaces you touch in a day without even thinking about it.

What does washing my hands do?

Handwashing with soap removes germs from hands. Health experts recommend washing hands with soap and warm water for at least 20 seconds whenever possible. This helps remove all types of germs and chemicals on our hands. When soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.

When should I wash my hands?

- Before you make or eat food
- After you use the bathroom
- After you blow or wipe your nose, cough or sneeze
- After you touch or pet an animal
- After you handle pet food or treats
- After touching garbage

During the COVID-19 pandemic, you should also clean hands:

After you have been in a public place and touched any item or surface that might have been touched by other people, such as door handles, tables, grocery bags or books. You should wash your hands more often, and especially before touching your eyes, nose or mouth because that's how germs enter our bodies.

How do I wash my hands?

Follow these five steps every time.
1. Wet your hands with warm, running water and apply soap.
2. Rub them together with the soap. Make sure to get the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song two times.
4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel or air dry them.
6. Turn off the water with a paper towel so you don't get germs on your hand again by touching the faucet handle.

Hand sanitizer:

If soap and water are not readily available, use an alcohol-based hand sanitizer
- Apply the gel to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

What else can I do to help conquer COVID-19?

Frequently washing your hands is a great start, but it should be done along with other actions to reduce the spread of COVID-19. Wear a mask, avoid touching your face, and practice physical distancing. We all should do our part to stop the spread.

Children's Wisconsin

Kids deserve the best.