

School Health Services Program

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WASH YOUR HANDS FLORIDA!

Hand washing is important. Washing your hands is the most significant step for preventing the spread of germs and illness.

Start Healthy Hand Washing Habits Today!

1. Wash your hands as often as possible (even if your hands look clean). Here are some important instances when to wash your hands to help control the spread of illness:

- After using the bathroom
- After coughing or sneezing
- After cleaning a child who has gone to the bathroom
- After touching books and money
- Before preparing food
- Before eating
- After petting an animal



2. Why does washing your hands with soap and water work?

- Soap suspends the dirt and skin oils that trap bacteria
- Washing motion helps pull dirt and oils free from the skin
- Warm running water washes away suspended dirt and oils
- Additional friction from wiping hands removes more germs

Note: If soap and water are not available, use alcohol-based hand sanitizer wipes or gel.

3. More rules for staying healthy (in addition to always washing your hands with soap and warm water)

- Stay away from anyone with a cold or flu
- Get plenty of rest
- Visit your doctor and dentist yearly
- Get your shots as scheduled and recommended by your doctor, especially an annual flu shot

4. Poster and hand washing information

- [Hand Washing Instructions Poster](#) - 342 KB pdf
- [Hand Washing Instructions](#) - 184 KB pdf
- [Alcohol-based hand sanitizer](#) - 64 KB pdf
- **"Give the Gift of Wellness, The Perfect Classroom Gift"** - a campaign to promote hand washing in the office, home, schools, and community to help prevent the spread of germs
 - [Gift of Wellness Poster](#) - 3,771 KB pdf
 - [Gift of Wellness Poster](#) - 2,710 KB gif
 - [Poster Pull-Off Note](#) - 237 KB gif

5. Internet Links for related health information

- School Health influenza web page
<http://www.doh.state.fl.us/Family/school/health/influenza.html>
- Bureau of Immunization influenza web page
http://www.doh.state.fl.us/disease_ctrl/immune/flu/index.htm
- DOH Pandemic Flu web page
http://www.doh.state.fl.us/rw_Bulletins/panfluplanindex.html
- Centers for Disease Control (CDC) flu page
http://www.cdc.gov/flu/index.htm?s_cid=newmediaFlu001
- CDC "Cover Your Cough" Poster
<http://www.cdc.gov/flu/protect/covercough.htm>



- Pandemic Flu website
<http://www.pandemicflu.gov/health/>
- Be A Germ Stopper from CDC web page
<http://www.cdc.gov/germstopper/>
- It's A Snap from Healthy People Healthy Schools web page
<http://www.itsasnap.org/snap/about.asp>

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