



# Handwashing Helps Fight Germs

Teach your children to wash their hands regularly to prevent illnesses and infections such as COVID, the flu, the common cold, Streptococcus (strep throat), RSV (Respiratory Syncytial Virus), conjunctivitis (pink eye), and bronchitis.

Illnesses like COVID enter the body through the “T-zone,” the area of the face that includes the eyes, nose, and mouth. People, especially children, touch this zone WAY more often than they realize, so let’s make sure children keep their hands clean.



## Have Children Wash Hands Often, Especially:

- After using the bathroom
- Before eating food
- After blowing nose, coughing, or sneezing
- After touching animals or their food
- Immediately after coming inside from playing outdoors

## Remember to:

- Use clean, running water and soap
- Lather palms, the backs of hands, between fingers, and under nails
- Scrub for at least 20 seconds. Have them hum the “Happy Birthday” song twice
- Rinse hands well

If soap and water is not available, use an alcohol-based hand sanitizer (must have at least 60 percent alcohol).



Every Child Healthy is a program developed by the New York State PTA and Fidelis Care. We’re working together to support healthier families, schools, and communities.

To learn more, visit:  
[fideliscare.org/everychildhealthy](https://fideliscare.org/everychildhealthy)  
or [nyspta.org](https://nyspta.org).