

# Handy Tips

Washing up smartly can help you stay healthy.

There's one easy way you can try to avoid getting sick. It's actually right at your fingertips. You can keep yourself healthy by making sure your hands are clean!

## Bye-Bye, Germs

Washing your hands properly can get rid of germs that might make you sick. This includes the bacteria MRSA, the common cold, and even the influenza A(H1N1), or swine flu, virus.

## On the Move

Not everybody can get to a sink with soap when the time comes to wash up. In one study, kids whose classrooms were stocked with hand sanitizer had no more sick days than kids in rooms with soap and water.

## You Missed a Spot!

To do it right, mix soap and warm water, make a lather, and be sure and get every part of your hands. That includes around fingernails and between fingers. Keep scrubbing for 20 seconds. That's as long as it takes to sing "Happy Birthday" twice!

**In 2006, seven out of 10 U.S. students missed at least one day of school because they were sick or injured.**

SOURCE: U.S. Centers for Disease Control and Prevention, National Health Interview Survey, 2006

## Did you know?

There are products that can show you where the germs hide. First you rub a special lotion on your hands. Then you wash your hands. When you are done, you hold your hands under a special light. If you didn't wash enough, the spots where germs could be will glow!



Background: Newscom; Above: AP Images