



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Student Wellness

20th January 2020

-Proper Handwashing

Handwashing is the single most effective way to reduce the spread of infectious diseases, and only **proper handwashing** can make the difference.

When:

- Before, and after eating food
- After using the toilet
- After blowing nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How:

Use soap

Wet hands with clean, running water and then lather up.

Make Friction

Scrub the backs of hands, wrists, between fingers and under nails. This helps lift microbes from the skin so that they can be washed away.

Wash for at least 20 seconds

Hands need to get washed long enough to kill germs.

Rinse

Under clean and running water, rinse hands fully.

Dry hands the right way

The most effective way of keeping bacterial counts low, is to use paper towels.

ACIS School Nurse Office