



## Wash, wash, wash your hands

We often hear people say, "Go wash your hands!" But do we know why, and how to do it right?

We wash our hands to remove germs. Germs are invisible—we can't see them. Germs stick to our hands and other things in the home. Hand washing removes them.

We wash our hands at special times of the day:

- ✎ When we come to childcare and before we go home
- ✎ Before eating or making food
- ✎ After coming inside
- ✎ After petting animals
- ✎ After using the toilet
- ✎ After blowing our nose
- ✎ Whenever hands get messy from play.

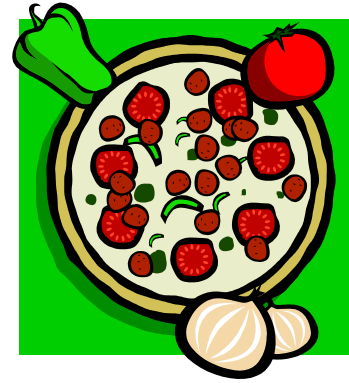
**How do we properly wash our hands? We:**

1. Use warm running water.
2. Lather hands with soap.
3. Rub hands together for at least 10 seconds. Rub backs of hands, between fingers and under nails.
4. Rinse with warm water.
5. Dry hands with paper towels.
6. Turn off water with a paper towel.

Hand sanitizers can be used when water and soap are not available (like at the park). However, hands should be washed as soon as we come inside. Ordinary soap can be used— special antibacterial (germ-killing) soaps are not needed.

To teach hand washing, have children draw pictures of the 6 steps. Teach children to sing this song while they are washing their hands. Sung to the tune of "Row Your Boat", it will make sure they wash for the right length of time!

**Wash, wash, wash your hands**  
**Play our handy game.**  
**Rub and scrub, and scrub and rub.**  
**Germs go down the drain. HEY!**  
**Wash, wash, wash your hands**  
**Play our handy game.**  
**Rub and scrub, and scrub and rub.**  
**Dirt goes down the drain.**



- This month's treat:
- Family Favorites Easy Pizza Roll up
- **For each family member you need:**
- One 10-inch whole-wheat flour tortilla
- 2 Tablespoons pasta sauce
- 1/4 cup grated, part-skim mozzarella cheese
- Microwave safe plate
- Prepare small bowls of the family's favorite chopped vegetables. Try red or green pepper, mushroom, onion, broccoli, spinach or tomato.
- Each person lays the tortilla on a plate and spreads sauce and cheese on it. Then they choose their favorite vegetable (or a few vegetables for more color and flavor) and sprinkle about 1/4 cup on the tortilla.
- Then they roll the tortilla up, and warm it on high for one minute.
- Be careful it is not too hot before eating!
- Nutrition facts per serving: 295 calories, 12 grams protein, 9 grams fat.





*Question of the month: Is it necessary to use antibacterial soaps to get hands clean? Answer elsewhere in this issue.*

*ANSWER to question of the month: NO, anti-bacterial soaps are not necessary. Ordinary hand soaps are fine for hand washing!*

When a child is taught from an early age to eat right and exercise, the benefits last a lifetime!

# Winter is family togetherness time!

Spending time together creates special moments for a family. Keeping track of activities with your family is a fun way to find new interests. Watching TV is the normal routine. But studies show that more TV watching causes young people to be less healthy. Do everyone a favor! See how many times a week you can turn off the TV (and the computer) and do one of the things in the chart below. Be sure to add your family's special pastime in the blank provided.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read together 							
Go outside to play							
Put on music and sing and dance 							
Help out in the kitchen 							
Play a board game							
Color a picture or do a craft							
Go to your local park 							
Your own family activity							

## We want to hear from you!

Dear Parents and Childcare Providers: Let us know how you encourage a healthy lifestyle in your home or daycare. We want to share your ideas with the rest of Bergen County in future issues. Please contact Kathy Andrusz, Increase Physical Activity and Improve Nutrition Goal Team Liaison, Bergen County Department of Health Services, at 201-634-2694 or email: [kandrusz@co.bergen.nj.us](mailto:kandrusz@co.bergen.nj.us)

The Gazette is produced quarterly by the Increase Physical Activity and Improve Nutrition Goal Team of the Partnership for Community Health, Inc. 140 Rt 17 N, Ste. 104 Paramus, NJ 07652  
Jackie Lue Raia, Executive Director 201-919-5970, [jlueria@bergenpch.org](mailto:jlueria@bergenpch.org)

M:\partners\gizmo\munitin\2003\Healthy\_Lifestyles\_Gazette\_Winter\_2003-04