



## Reduce school absences due to illness in one simple step

Scientists estimate that up to 80% of infections are spread by hands. That means a simple step--hand washing--is the top way to stay well and avoid missing school.

Share these tips with your child:

- Wash properly. Wet hands, lather with soap and wash for 20 seconds. It takes about this long to sing the "Happy Birthday" song twice.
- Include all parts of the hands--front, back, fingernails, between fingers, etc. To stay clean, use a fresh paper towel to turn off the faucet and open the bathroom door.
- Wash hands often, especially before eating. Soap and water work best. If they aren't available, use a hand sanitizer with at least 60% alcohol.
- Sneeze or cough into your elbow instead of your hand to reduce the spread of germs to others.

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