

Healthy Kids News

St Joseph Catholic School Health Office

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Did you know?

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



☞ Effective hand washing can prevent the spread of germs that can potentially make you ill and make you miss school or work.

☞ Hand washing is easy and cost effective.

☞ Washing with soap and water for at least 20 seconds will destroy contagious germs.

☞ Wash hands after using bathroom, before eating, after playing outside, after coughing, sneezing or blowing your nose.

☞ *Baby wipes **DO NOT** remove germs from your hands!!!!*

☞ Here at St. Joes we are committed to stop the spread of germs by washing our hands for 20 seconds with soap and water.

☞ At home, once you make hand washing part of your routine, it will become a habit, and it will be practiced throughout your child's life.

https://www.cdc.gov/handwashing/pdf/family_handwashing-508.pdf

The 3 Ws at St. Joseph

Wear a mask

Wash our hands

Watch our distance

Staying Safe at St. Joseph

