

# At Your Finger-Tips

Learning hand hygiene begins long before children can read and write. The American Cleaning Institute offers parents 5 Finger-Tips in order to help prevent their young ones from getting sick, spreading illness and missing school.



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[www.cleaninginstitute.org](http://www.cleaninginstitute.org)

**1**

Set a good example by washing your own hands often and properly.

**3**

Explain to kids the reasons they should wash up, to keep from getting sick and spreading germs.

**2**

Teach kids to wash their hands for at least 20 seconds, rinsing and drying completely.

**4**

Tell kids when to wash, such as after using the bathroom, before eating and after touching animals, blowing your nose, coughing and sneezing.

**5**

Keep alcohol-based hand sanitizers, gels or antibacterial wipes on hand when soap and water are unavailable.

