

Hand-washing for the Holidays

By the Water Quality & Health Council

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[Proper hand-washing](#) is one of the most important steps families can take to avoid colds, flu, stomach bugs, and other viruses swirling around us this Holiday Season. Make it fun: teach kids to lather up their hands with warm water and soap for about 20 seconds, which is approximately as long as it takes to sing the “Happy Birthday Song” twice.

The American Cleaning Institute offers a fun “[Clean Your Paws for Santa Claus Coloring Page](#)” that can be a conversation-starter on hand hygiene. The image caption clarifies that hand-washing precedes the reward of reaching for a cookie. Why not print out a few copies and share them with the children in your life?

Here's wishing you Happy, Healthy Holidays!

Create a colorful holiday!



Oh boy, holiday cookies! I am going to wash my hands with soap and warm water for 20 seconds so I can have one. I always clean my hands before meals and snacks so that I can keep the germs away! And this year, I am going to work hard to clean my paws for Santa Claus!!!

Name _____ State _____

The American Cleaning Institute® wishes you a clean and safe holiday season!