

# Hand-Washing: Make It a Habit

## Information for Parents



Today, your son or daughter learned about hand-washing through the “Hand-Washing Kits for Kids” program made available by Cadence Health. Be sure to ask your child to explain to you what he or she learned about keeping his or her hands clean.

Hand-washing is considered the single most important health practice for preventing the spread of germs that can cause colds, flu and other infections. To promote health in your own family, be sure to always encourage hand-washing.

### REMEMBER YOUR CHILD SHOULD ALWAYS WASH HANDS

- BEFORE EATING, UNLOADING THE DISHWASHER OR SETTING THE TABLE
- AFTER A VISIT TO THE BATHROOM
- AFTER COUGHING, SNEEZING OR BLOWING HIS OR HER NOSE

Teachers should encourage children to wash their hands at school. For students it's particularly important to wash hands prior to eating lunch or snacks. If this is difficult, you can include an individual moist towelette or damp paper towel (with a small amount of soap applied) in your child's lunch bag. By using them with vigorous motion, these substitutes can approach the effectiveness of hand-washing.

Using hand lotion on a daily basis can help keep skin from cracking and opening up avenues for infection. Developing good hand-washing habits can play a big role in family wellness.

### THE CORRECT METHOD TO WASH HANDS:

Use warm running water and liquid soap whenever possible.

Rub hands vigorously together, getting between fingers and on all surfaces.

Scrub underneath fingernails.

Everyone should wash for 15 to 20 seconds, or as long as it takes to sing the ABC's.

Rinse and dry thoroughly.

Kits for Kids are community education programs available for educators and parents through Cadence Health. For information about these programs and others, visit [cadencehealth.org](http://cadencehealth.org) or call Information and Physician Referral at 630.933.4234. TTY for the hearing impaired 630.933.4833.



25 North Winfield Road, Winfield, Illinois 60190  
630.933.1600 [cadencehealth.org](http://cadencehealth.org)  
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# Glo Germ™ Liquid

## Material Safety Data Sheet (MSDS)

### Introduction

The Glo Germ liquid is composed of 85 percent USP mineral oil (described below) and 15 percent Glo Germ powder (blaze orange) as described on the Glo Germ powder MSDS. The powder is held in suspension and is not soluble. At high temperatures (above 150 degrees Fahrenheit) the plastic particles will begin to melt and will adhere to any surface they contact. Cloth stained with Glo Germ liquid or Glo Germ powder should be cleaned in lukewarm or cold water. Hot water will set the stain.

### Section I — Product identification

COMMON NAME: USP WHITE MINERAL OIL

PRODUCT NUMBER: 3O23382 NFPA RATINGS H F R

PRODUCT NAME: DRAKEOL® 19 MINERAL OIL USP O 10

PRODUCT CASE: 8O42-47-5

PRODUCER: VAN WATERS & ROGERS

### Section II — Hazardous ingredients

No hazardous ingredients present.

### Section III — Ingredients

WHITE MINERAL OIL PERCENTAGE: 100 PERCENT

HAZARDS IN BLEND: NONE

COMPONENT EXPOSURE LIMITS: OSHA, PEL, ACGIH TLV

UNITS: NO LIMIT

### Section IV — Health effect information

**Eye contact:** Minimal irritation upon contact.

**Skin contact:** Single or repeated and prolonged contact is not expected to result in skin irritation. However, chemicals of similar composition cause minimal or slight skin irritation when applied to the skin of laboratory animals.

**Inhalation:** Product has a low vapor pressure and is not expected to present an inhalation hazard at ambient conditions. Aerosolization or misting of product should be prevented. The permissible exposure limit (PEL) and threshold limit value (TLV) for this product as oil mist is 5 MG/M3. Exposures below specified limit appear to pose no significant health risk. The short-term exposure limit for this product as an oil mist is 10 MG/ M3. *Refer to Section V on the next page.*

# Glo Germ™ Liquid Material Data Safety Sheet

Continued

**Ingestion:** Ingestion is reasonably nontoxic unless aspiration occurs. As this product possesses laxative properties, ingestion may result in abdominal cramps and diarrhea.

## Section V — Health data

Exposure to a large dose or repeated small doses of mineral oil by inhalation, aspiration or ingestion leading to aspiration can lead to lipio pneumonia or lipio granuloma, which are low-grade, persistent, localized tissue reactions that are not fatal.

The most common symptoms associated with lipio pneumonia or lipio granuloma are shortness of breath and coughing.

The International Agency for Research on Cancer (IARC) has concluded that highly refined mineral oils are group 3 substances, “**NOT CLASSIFIABLE AS TO THEIR CARCINOGENICITY TO HUMANS,**” based on inadequate human and animal evidence. In addition, IARC has concluded that there is no evidence for the carcinogenicity to experimental animals of white oils when administered by routes other than by intraperitoneal injection. This substance is not carcinogenic according to the OSHA hazard communication standard.

## Section VI — Emergency and first aid procedures

**Eye contact:** Flush eyes with large quantities of water immediately and continue to flush until discomfort is eased. If liquid is hot, treat affected area for thermal burns and take victim to the hospital immediately.

**Skin contact:** Remove clothing that has come into contact with substance. If liquid is hot, immerse affected area in cool water. If serious burns have been sustained, take victim to a hospital immediately.

**Inhalation:** Due to its low vapor pressure, material is not expected to present an inhalation exposure at ambient conditions.

**Ingestion:** May act as a laxative. Do not induce vomiting.

## Section VII — Personal health protection

**Eye protection:** Not required for normal use.

**Skin protection:** Not required for single use of short duration. For prolonged or repeated exposure, use impervious clothing over those parts of the body subject to exposure. If handling heated material, use insulated protective clothing (boots, gloves, aprons, etc.)

**Respiratory protection:** Not required for normal use. If use of material results in vapor or mist, use an organic vapor respirator with a dust and mist filter. All respirators must be National Institute of Occupational Health and Safety certified. Do not use compressed oxygen in hydrocarbon atmospheres.

**Ventilation:** Upon generation of vapor or mist, adequate ventilation in accordance with good engineering practice is necessary.

## Section VIII — Transportation information

White mineral oil, liquid, synthetic organic colorant 110.



# Secret Code Hand-Washing Game



Fill in the blanks by matching the secret code letters with the actual letters. **HINT: Answers relate to hygiene.**

## SECRET CODE TRANSLATOR

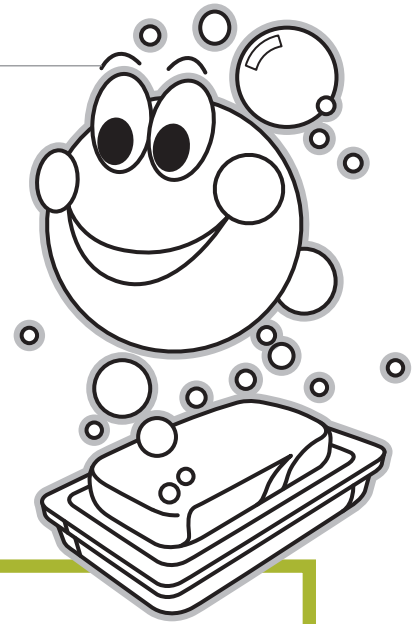
ACTUAL LETTER	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
SECRET CODE LETTER	Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A

- Type of germ that causes hepatitis A is a \_\_\_\_\_.  
E R I F H
- Wash your hands for at least \_\_\_\_\_ seconds.  
G D V M G B
- When washing your hands, use \_\_\_\_\_ water.  
D Z I N
- Hand-washing soap should be \_\_\_\_\_.  
Z M G R Y Z X G V I R Z O
- Most important part of hands to wash is under the \_\_\_\_\_.  
U R M T V I M Z R O H
- Germs can be spread at least \_\_\_\_\_ different ways.  
U L F I
- When washing your hands, rub together \_\_\_\_\_.  
E R T L I L F H O B
- The best prevention against infectious disease is \_\_\_\_\_.  
S Z M W D Z H S R M T
- The type of germ that causes shigella is a \_\_\_\_\_.  
Y Z X G V I R Z
- The most important time to wash your hands is after using the \_\_\_\_\_.  
Y Z G S I L L N

**I pledge to wash my hands to be healthy.**

Name: \_\_\_\_\_

# Hand-Washing Word Search



Find and circle the words in the puzzle below.

GERMS

WASH  
HANDS

HYGIENE

DISEASE

WARM  
WATER

CLEAN

SOAP

HEALTH

O	Z	S	E	I	M	J	K	I
R	T	O	N	C	P	A	O	S
E	U	M	E	T	X	B	D	T
T	V	E	I	G	Z	N	I	V
A	E	S	G	O	A	F	C	H
W	C	A	Y	H	B	P	X	R
M	L	E	H	E	A	L	T	H
R	E	S	E	B	U	R	K	O
A	A	I	S	F	F	B	L	M
W	N	D	S	M	R	E	G	N

**I pledge to wash my hands to be healthy.**

Name: \_\_\_\_\_

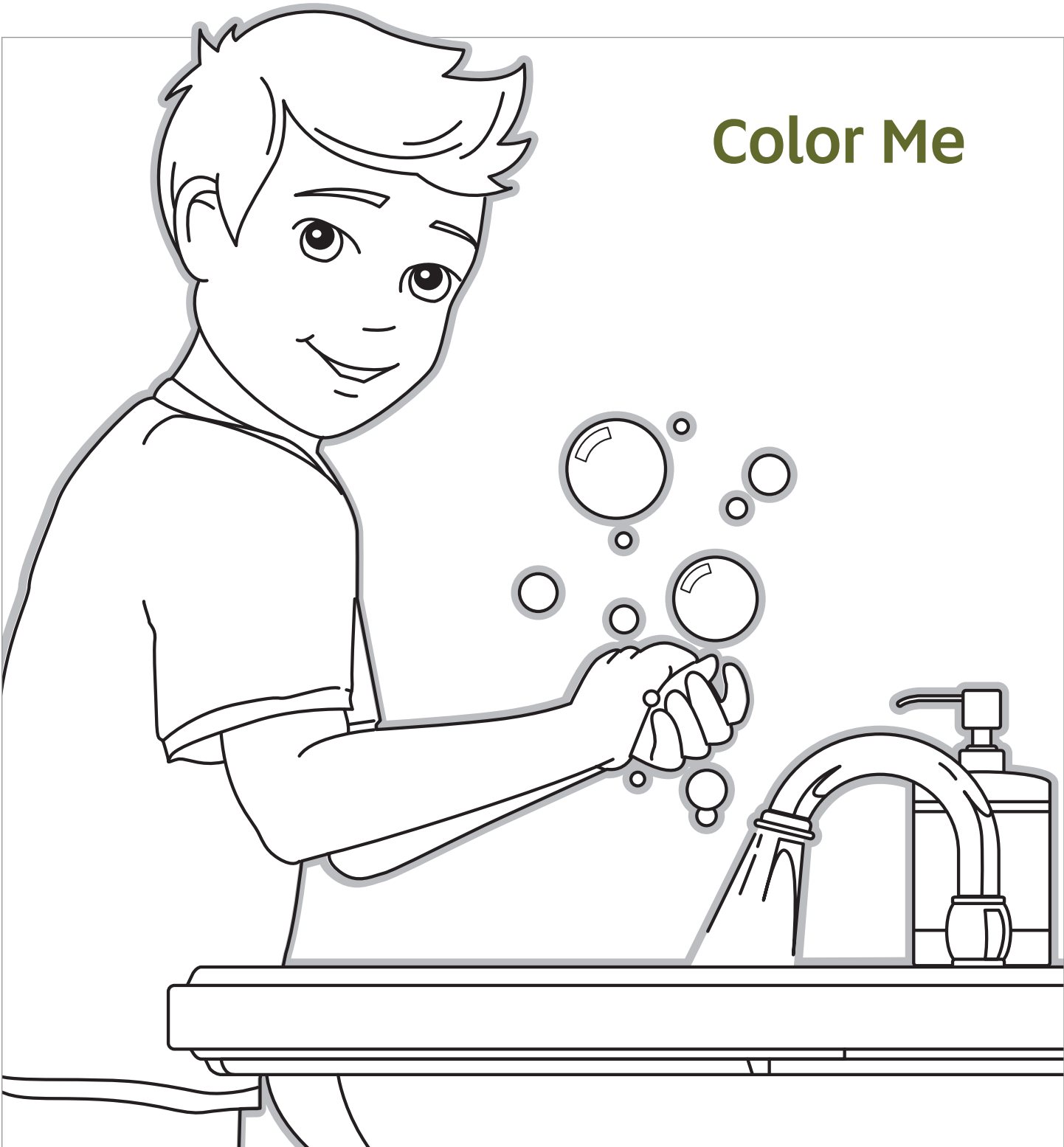
# Connect the Dots and Color



I pledge to wash my hands to be healthy.

Name: \_\_\_\_\_

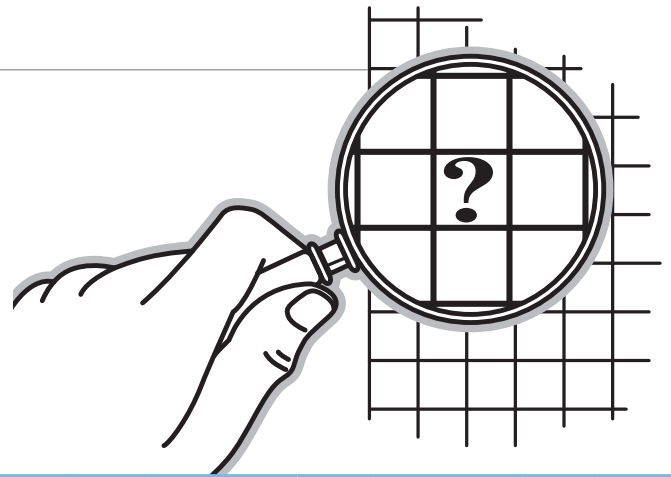
# Color Me



**I pledge to wash my hands to be healthy.**

Name: \_\_\_\_\_

# Hand-Washing Crossword Puzzle

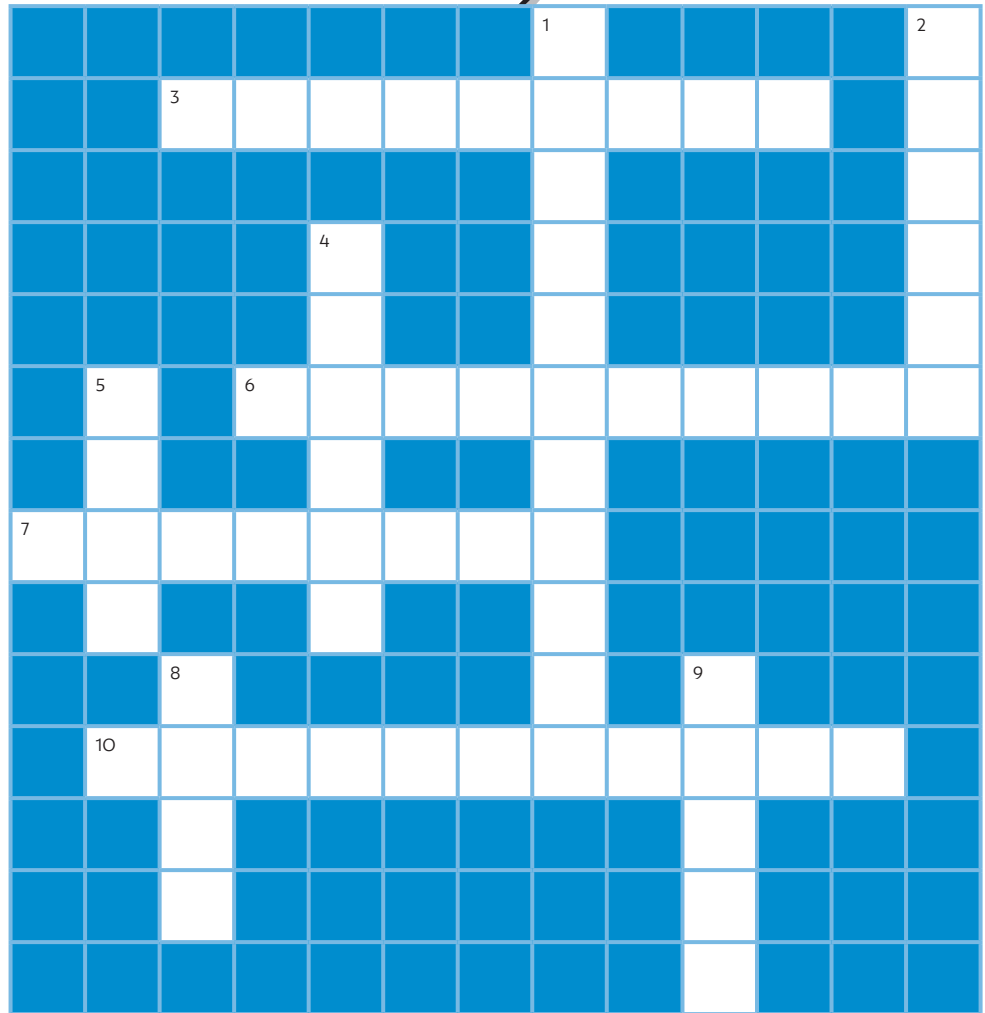


## ACROSS

3. This virus can be spread by not washing your hands after using the bathroom
6. The way you should rub your hands together (another word for strong)
7. The germ that causes shigella is a \_\_\_\_\_.
10. The best prevention against disease (two words).

## DOWN

1. The most important part of your hands to wash is under the \_\_\_\_\_.
2. Rub hands together for \_\_\_\_\_ seconds when washing hands.
4. The most important time to wash your hands is after using the \_\_\_\_\_.
5. Make sure to use a lot of \_\_\_\_\_ when washing hands.
8. The type of water you should use when washing hands.
9. The germ that causes hepatitis A is a \_\_\_\_\_.



**I pledge to wash my hands to be healthy.**

Name: \_\_\_\_\_



# Hand-Washing Word Scramble

Unscramble the words below. Try NOT to use the hints.



**MGSER**

ANSWER

\_\_\_\_\_

HINT

These are what make you sick.

**SVURI**

\_\_\_\_\_

This is one type of germ.

**DSNHA**

\_\_\_\_\_

What you should always wash.

**TRWAE**

\_\_\_\_\_

What you wash your hands with.

**OPAS**

\_\_\_\_\_

This helps to eliminate germs.

**SEAIDSE**

\_\_\_\_\_

What germs can cause.

**CIBAEATR**

\_\_\_\_\_

This is another type of germ.

**TLEHAHY**

\_\_\_\_\_

Washing your hands can keep you \_\_\_\_\_.

**I pledge to wash my hands to be healthy.**

Name: \_\_\_\_\_

# Hand-Washing: Worksheet Answers

## Word Search



## Crossword Puzzle



## Secret Code Game

- |                  |                 |
|------------------|-----------------|
| 1. virus         | 6. four         |
| 2. twenty        | 7. vigorously   |
| 3. warm          | 8. hand-washing |
| 4. antibacterial | 9. bacteria     |
| 5. fingers       | 10. toilet      |

## Word Scramble

- |          |             |
|----------|-------------|
| 1. germs | 5. soap     |
| 2. virus | 6. disease  |
| 3. hands | 7. bacteria |
| 4. water | 8. healthy  |



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