

Mayo Clinic News Network

Title: Mayo Clinic Minute: Schooling kids on hand-washing Date: Aug 22, 2017

Intro: "Back-to-school time is an important [opportunity] to talk to your kids about good hand hygiene," says Dr. Ava Roche Green, a Mayo Clinic pediatrician. According to the Centers for Disease Control, children who've been taught hand-washing at school often teach their parents and siblings as well, resulting in fewer episodes of illness for the entire family.

Dr. Roche Green suggests getting the good hand hygiene habit started at home, so children are better equipped to ward off germs in public places, like schools. Dennis Douda reports.

Video

Audio

Total running time [1:00]	/// VIDEO
Dennis Douda speaking	Here's a little homework to tackle with the kids as they head back to class. All you need is soap and water and a little explanation for them about why this is important.
TITLE: Dr. Alva Roche Green Family Medicine Mayo Clinic	"One of the things you're also going to find at back-to-school, you've got kids who haven't been around each other all summer. Some of them are going to have a little cold, some are going to have the sniffles. You put them all in the same room and you're going to have lots of kids with colds and sniffles."
Dennis Douda speaking	Or the flu, or any number of yucky infectious pathogens lurking where little fingers land.
Dr. Alva Roche Green speaking	"Teachers try their best to clean surfaces, but kids put their hands in all kinds of places and it's hard to keep up."
Dennis Douda speaking	Mayo Clinic pediatrician Dr. Alva Roche Green says reducing the risk of childhood illness really is as simple as wetting hands in running water, warm or cold, - applying soap and lathering well. Scrub all surfaces; including backs of hands, wrists, between fingers and under fingernails for at least 20 seconds. Then dry.
Dr. Alva Roche Green speaking	"Making sure they're washing their hands several times a day, or at least using an alcohol-based hand sanitizer, to make sure they that they're reducing the number of germs that are on surfaces."
Dennis Douda speaking	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: According to the CDC, a recent study shows only 31 percent of men and 65 percent of women wash their hands after using public restrooms.