

## Mayo Clinic Minute

### Why parents need to school their kids on hand hygiene

Video	Audio
Robert Jacobson, M.D. Pediatrics Mayo Clinic	"If you're talking about weapons of mass destruction at home, you're talking about the hands."
	Fighting the war on germs starts with teaching kids good hand hygiene while they are young.
	Mayo Clinic pediatrician Dr. Robert Jacobson asks parents to lead by example and be demonstrative in their efforts. For example, ...
	"... It's time to get breakfast ready. The parent says out loud, 'I'm going to wash my hands with soap and water before I reach into the refrigerator to get your food. Oh, I just came in from taking out the trash. I can pour you a glass of milk, but I have to wash my hands first.'"
	Many illnesses are spread by unwashed hands. Teaching kids how to properly clean their hands will help them remain healthy.
	Show your children how to wash their hands with warm soapy water throughout the day including before they eat and after using the bathroom.
	"The children really do need to get in a habit about hand-washing, and they'll do it when they have examples at home."
	For the Mayo Clinic News Network, I'm Jason Howland.