

# Children's HEALTH

## The ABC's To Healthy Kids

(NAPSA)—If you want to help your children's health, doctors say to teach them about personal hygiene at an early age.

Studies show small children have an average of six to eight colds during the school year and nearly 17 million school days are lost annually due to rhinovirus colds and upper respiratory infections (URI). Many of these ailments are spread when children come in contact with one another (that's one reason it may often seem when one child in a class gets the sniffles, the rest of the children eventually get the sniffles as well).

If children learn to practice good hygiene at home and school, their chances of getting sick are reduced. Try these three steps from the G-P Health Smart Institute to help your family stay healthy:

- **Always Remember To Rinse And Dry.** Washing hands is one of the best ways kids can reduce their chances of getting sick. Teach children to lather their hands in warm, soapy water for 15 seconds then to rinse and dry their hands completely with disposable paper towels. Always ask children if they have washed and dried their hands before and after eating, using the restroom or playing with their friends. They should also learn to wash their hands after sneezing or coughing and when they arrive home from school.

- **Before You Bite, Wash and Wipe.** Studies show when fruit is rinsed with water then wiped dry with a paper towel, the counts of bacteria on the skin are



**Teaching school-aged children to wash their hands before and after eating can help keep them from getting sick.**

made considerably lower compared to when fruit is cleaned with a produce brush and water. Teach children to always wipe fruit and beverage tops dry to remove contaminants before consuming. Include a paper towel in your child's lunch box.

- **Clean Surfaces Keep The Germs Away.** Since rhinovirus can survive more than 24 hours outside the nasal passage on inanimate objects (such as phone handles, remote controls or door knobs) you can help prevent the spread of infection by cleaning household surfaces with disinfectant and disposable paper towels.

For more information on teaching children about hygiene, call 1-877-GP-CLEAN or visit the Web site [www.gphealthsmart.com](http://www.gphealthsmart.com). For a children's book on health and hygiene, parents can call the 877 number or visit [www.gp.com](http://www.gp.com). The book is free during Clean Hands Month, which is sponsored by Sparkle paper towels in September.