



## Hand Washing Helps Stop the Spread of Germs

### How many times have you and your child washed your hands today?

Hand washing may be the single most important act you and your child have for disease prevention. **Washing hands for 15 seconds is best.** Pick a song that lasts for 15 seconds and sing it while you wash! (The "ABC" song one time through or the "Happy Birthday" song twice through)

### Making It Habit

All day long, your child is exposed to bacteria and viruses—when touching a playmate, sharing toys, or petting the cat. Once their hands pick up these germs, they can quickly infect themselves by:

- Rubbing their eyes
- Touching their nose
- Placing their fingers in their mouth

The whole process can happen in seconds, and cause an infection that can last for days, weeks, or even longer.

### When To Wash

Hand washing can stop the spread of infection. The key is to encourage your child to wash their hands throughout the day. For example,

- Before eating (including snacks)
- After a trip to the bathroom
- Whenever they come in from playing outdoors
- After touching an animal like a family pet
- After sneezing or coughing if they cover their mouth
- When someone in the household is ill



## What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

### C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior and development
3. Time to discuss thoughts, feelings and relationships
4. Complete head to toe physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Referral to the dentist

The result of this complete and age appropriate checkup is health and dental problems can be found and treated early.

### Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the Mayo Health System in Red Wing and Zumbrota, Cannon Falls, Kenyon and Lake City and Olmsted Medical Center in Pine Island, Wanamingo and Cannon Falls.

**If you have needs with transportation, interpreters, or making a C&TC appointment, contact Carol at Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142**



# Wash Your Hands!



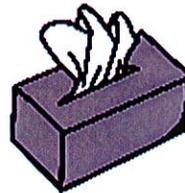
after playing outside



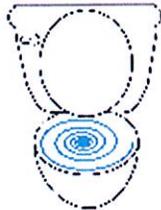
before touching babies



after touching animals



after sneezing/blowing



after using toilet



before eating food