

Dirty nails and mouths don't mix

Run time - :36

ANCHOR LEDE:

Here's a new year's resolution for kids and their parents: keep your hands clean and away from your face to prevent the spread of illness. Tim Ditman of OSF HealthCare has more.

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When washing hands, scrub thoroughly for 20 seconds. Wash around cuts and wounds. Dry well, then use a paper towel on the dirty doorknob on the way out.

If you use wipes or sanitizer, look for at least 60% alcohol on the label.

How do you get kids on board? Make it a game, says Emily Isom in pediatrics at OSF.

\*\*\*SOT\*\*\*

Emily Isom (EYE-sum)

Certified medical assistant at OSF HealthCare

**"Sing the ABCs for 20 seconds. Or have them sing to you. Make a chart. Every time they wash their hands, have them put a sticker on the chart. They are going to fall in love with it." (:11)**

I'm Tim Ditman.

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ANCHOR TAG:

Visit the OSF Newsroom for a video on handwashing technique.