

## **Dirty nails and mouths don't mix**

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

Emily Isom (EYE-sum)

Certified medical assistant at OSF HealthCare

**"Our nails carry so many germs and bacteria. That's how people keep getting sick and spreading illness." (:08)**

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**"Lather warm water and soap on the palm of your hands. Take your fingertips and scratch against the palm to get the soap in [the nail]. Do it for 20 seconds. Pull down the tips of your fingers [to your palm] and massage the soap in. Put your hands upside down under the hot running water." (:20)**

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**"You need to get in between the fingers, underneath the nails, on the back of the hands, rub your knuckles together and scrub your wrists." (:07)**

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**"Bacteria want to live on wet surfaces. They're attracted to moistness." (:07)**

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**"Get a washcloth wet with warm water. Put soap on it. Then, clean around the cut or wound. Don't put [soap] directly into the cut. That could really irritate it." (:17)**

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**"When handwashing, 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 and want to wash their hands over and over again." (:18)**