

Dirty nails and mouths don't mix

ANCHOR LEDE

Here's a new year's resolution for kids and their parents: pledge to keep your hands clean and away from your face to prevent the spread of illness.

TAKE VO

Emily Isom, a certified medical assistant in pediatrics at OSF HealthCare, says chewing your nails can also lead to chipped teeth and warts.

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.

SOT

Emily Isom (EYE-sum)

Certified medical assistant at OSF HealthCare

"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)

VO TAG

Visit the OSF Newsroom for a video on handwashing technique.