

A B C D E F G H Children's Health

Keeping Kids Clean

(NAPSA)—According to the U.S. Centers for Disease Control, clean hands save lives by stopping the spread of germs. Here are the CDC's hints on how your youngsters should wash:

- Wet hands with clean running water and apply soap. Use warm water if possible.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15 to 20 seconds—about the time it takes to sing “Happy Birthday” twice.
- Rinse hands well under running water.



Children may be more inclined to wash when the soap is soft and gentle on their tender skin.

One soap that many parents prefer is vegetable based and contains fresh goat's milk, a natural product that's a highly effective skin moisturizer.

The soap is pH balanced to be gentle enough for supersensitive baby skin and contains allantoin to naturally and gently heal rashes and dry spots. It has no strong, irritating fragrances, plus this Li'l Goat's Milk from Canus is recommended by health practitioners for children of all ages.

Learn more at www.canusgoatsmilk.com and (866) 496-2527.