

Simple Step Can Help Protect Your Family's Health

(NAPSA)—Keeping your family healthier may be as easy as encouraging one simple habit: Washing your hands.

According to the Centers for Disease Control (CDC), students who wash their hands regularly are less likely to get sick and miss school days. Regular washing of hands reduces exposure to the wide variety of germs that children come in contact with every day. Washing your hands on a regular basis can also help protect your family against worrisome viruses such as the H1N1 flu or the Avian flu.

What kind of soap you use matters less than how thorough you are. For maximum germ-killing efficiency, follow these steps:

- Wet your hands in warm water and apply liquid or clean bar soap. When you are finished washing your hands, let the bar soap drain.
- Rub your hands together and scrub all surfaces carefully.
- Don't hurry. Continue for 10 to 15 seconds. Scrubbing helps dislodge and remove germs.
- Rinse well and dry your hands thoroughly.

Everyone in the family should wash before eating or handling food, after using the toilet or changing a diaper.

It's also important to keep your fingernails trimmed and scrubbed.

One problem that clean hands and trimmed fingernails can avoid



Encourage your children to wash their hands frequently and keep their nails trimmed and scrubbed.

is pinworm infestation. The highly contagious intestinal worm affects up to 400 million people worldwide every year.

Because they are barely visible, these tiny pests can be easily transferred from child to child and between family members.

According to the CDC, this problem is twice as common as head lice. Preschoolers and school-age children, plus children in day care, face a higher risk and can pass them on to other members of their family.

Reese's Pinworm Medicine is effective at eliminating the problem with just one dose. Because all family members should be treated at the same time, keep things cost-effective by choosing a large-size family pack of the medication.

Call (800) 321-7178 or go to www.ReesePharmaceutical.com to learn more or get coupons.