

1. Hand washing
2. Summer, sunburn, heat and swimming
3. 1 July 2022 National Day of Physical Posture. What about you?

### 1. Hand washing



Hands come into contact with everything and everyone and are therefore real dirt collectors. In this dirt there are also all kinds of bacteria, viruses and worm eggs that cannot be seen with the naked eye. These critters can make us sick.

To get rid of the bacteria, viruses and worm eggs we have to wash our hands.

It is important that children learn this quickly, because they often sit with their hands in their mouths. It is also important that children learn the importance of washing hands from home.

#### When to wash hands?

- After playing.
- After using the toilet.
- After sneezing/blowing nose.
- Before eating.
- And of course always when the hands have become visibly dirty

#### Tips: (in Dutch)

- [Useful poster to teach children how to wash their hands \(heutinkvoorthuis.nl\)](https://www.heutinkvoorthuis.nl/)
- [Dirk Scheele - Handen wassen - YouTube](#) (to show the children )

### 2. Summer, sunburn, heat and swimming



Warm weather can be very nice. But if the temperature is above 25 degrees Celsius for a longer time, it is too hot for many people. This can lead to unpleasant health complaints, such as overheating. This is also the case for children.

#### What is best to do for children during a heatwave?

1. **Be prepared:** make sure children always bring water and follow the weather forecasts.
2. **Make sure children drink enough:** offer children something to drink every hour, even if they are not thirsty.
3. **Keep children cool:** let children wear sunglasses or a hat, and light and airy clothes, make sure children can refresh themselves, and let children play outside during cooler periods of the day and/or in the shadow.
4. **Keep the building cool:** make optimal use of sunblind's, keep curtains closed while the sun shines, and open windows and doors when the temperature outside is lower than inside.
5. **Protect your child for the sun:** Good protection is important, especially for children. If your child gets sunburned, the chance on skin cancer in the future doubles. Protect your child with sunscreen with a high factor (30+), try to stay out of the sun between twelve and three and wear clothing that protects, for example a sunhat.
6. **You cannot safely swim everywhere:**  
Not all nature water in the Netherlands is suited for swimming. Do you want to swim safely? Choose for official swimming water. Check for the places nearby: [www.zwemwater.nl](http://www.zwemwater.nl) (in Dutch).  
For more information [Zwemwater en gezondheid · GGD Leefomgeving](#) (in Dutch)

**For more information:**

[Uv-straling en gezondheid · GGD Leefomgeving](#) (in Dutch, about UV radiation and health)

[Hitte en Gezondheid · GGD Leefomgeving](#) (in Dutch, about heat and health, visit)

**Have fun playing and swimming this summer!**

### 3. 1 July 2022 National Day of Physical Posture. What about you?



**The right posture**

When you sit up straight, more air enters your lungs. You get more space in your body. Good posture prevents pain symptoms. And a good sleeping posture, promotes mental and physical recovery.

**Some tips for parents and young people:**

- Make sure you have a well-adjusted chair. This allows you to adjust the height to suit your height. Always sit up straight.
- Alternatively, standing can be a relief.
- Take a break every half hour and move outside about 2 hours a day.
- Make sure you get enough sleep.
- Better not use a tablet, TV or mobile phone when you are in bed.

**How do you move?**

During the Day of Posture, it is a good idea to stop and think about how you sit, lie and move.

A tablet neck, iPad shoulder and WhatsApp thumb are terms you hear more and more often. These complaints arise when using a smartphone or tablet. Using them in a bad posture can cause neck, back or headaches. It's good to regularly stop and think about your child's posture.

**More information:** (in Dutch)

- [Flyer ouders Bewegen, houding en beeldschermgebruik](#)
- [Flyer jongeren Bewegen, houding en schermgebruik](#)