

December is Hand Washing Awareness Month

Hand Washing is Important

Infection control can save lives. Practicing proper hand washing reduces the spread of infectious germs: bacteria, viruses, and fungi. Such germs contribute to the Flu and Common Cold.

Some Guidelines to Follow

Hand washing is one of the simplest means of prevention the spread of infection. Keeping your hands clean can significantly reduce the transmission of germs that cause illness at school, work, and home.

In the healthcare setting, hand washing is extremely important as it can prevent fatal infections from spreading to other patients. Remember to avoid touching one's face to help reduce the spread of germs.

Hands should be washed at home before and after food preparation, especially when preparing and cooking meat and poultry. Hands should also be sanitized before eating, after coughing sneezing (blowing your nose into a tissue), changing diapers, and using the bathroom.

How to wash your hands properly.

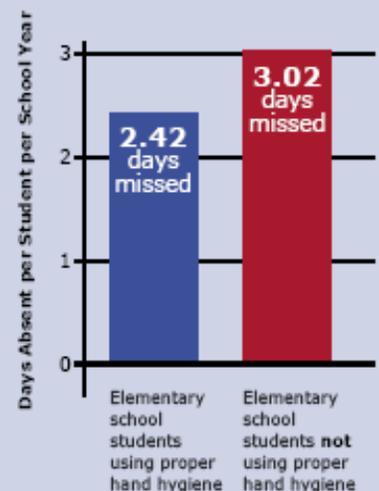
- ❖ Wet hands with clean running warm water, and apply soap.
- ❖ Scrub and lather by rubbing your hands together ensuring to get all surfaces.
- ❖ Rub hands for at least 15-20 seconds.
- ❖ Rinse hands under running water.
- ❖ Dry hands using automated dryer or paper towels.
- ❖ Use paper towel to turn off water.
- ❖ Soap and water should always be used for visibly dirty hands.

Did you know?

Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.

- (Ansari, 1988; Scott and Bloomfield, 1989)

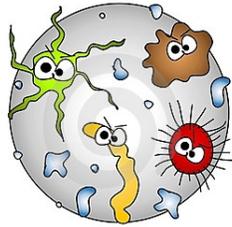
Cleaning Hands Keeps Students In School



Hand Washing Awareness

Germs

- Bacteria
- Fungi
- Viruses
- Parasites
- Spores

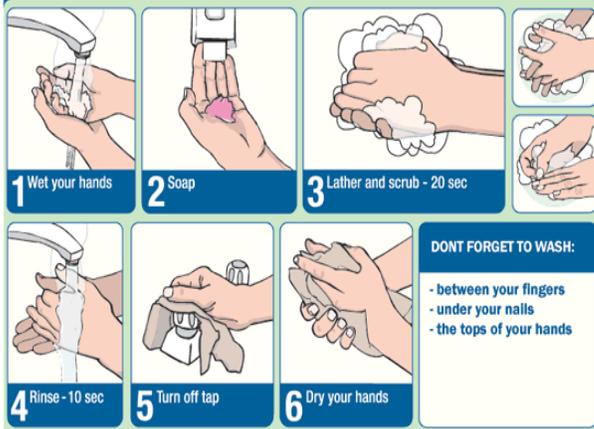


Hand Sanitizer

- Alcohol based hand sanitizers are preferred.
 - Apply sanitizer to the your palm and rub hands.
 - Rub solution over all surfaces of hands and fingers.
 - Continue to rub hands together until dry.



FIGHT GERMS BY WASHING YOUR HANDS!



Quick Tips

- Cover mouth and nose when coughing or sneezing.
- Clean hands often.
- Educate and remind children of healthy hygiene.



This newsletter is a monthly publication of Healthstat Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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www.cdc.gov

