

How to wash your hands to help prevent the spread of germs

- ⇒ Always use warm running water. It's better to wet hands before applying soap as this prevents irritation.
- ⇒ Rub hands together vigorously for about 15 seconds, or until you have worked up a lather. Scrub your wrists, between your fingers, under your nails, and around the tops and palms of your hands.
- ⇒ Rinse with clean water
- ⇒ Germs spread more easily if hands are wet so dry them thoroughly with a disposable paper towel, an air dryer, or a clean dry towel.



■ Areas most frequently missed during hand washing
■ Less frequently missed
■ Not missed

(adapted from Taylor, L. (1978). An evaluation of hand washing techniques - I. Nursing Times, 1, 2 January, pp. 54-55)

Tip: Don't limit your hand washing to traditional times. Remember that viruses hang out on banisters, shopping carts, and toys!

WASH WELL WASH OFTEN



Dirty Hands Spread Disease!

LEDGE LIGHT
HEALTH DISTRICT



For more information contact:
LEDGE LIGHT HEALTH DISTRICT

Phone: 860-448-4882
Fax: 448-4885
www.ledgelighthd.org

Sources: St. Louis Children's Hospital,
Health Plus Health and Wellness Vanderbilt
University, Food link



Washing Hands Helps Prevent Disease

People are constantly catching colds and the flu is common during some parts of the year. Colds, flu, and other illnesses spread quickly from person to person. They travel through the air by direct physical contact. When you are ill, the germs you spread can only live on many surfaces for others to pick them up unknowingly such as on doorknobs, telephones, and money.

WHAT'S THE PROBLEM?

- According to studies done by the Centers for Disease Control and Prevention (CDC):
- ⇒ Only two thirds of American adults was after using the toilet-women significantly more often than men. Fecal matter carries a variety of serious infectious diseases.
 - ⇒ One of four adults does not wash after changing a babies diaper
 - ⇒ Fewer than half of us wash after handling our pets or cleaning up after them
 - ⇒ Just one in three wash after sneezing or coughing
 - ⇒ One in three E. Coli outbreaks is caused by poor personal hygiene.

Wash, Wash, Wash,

BEFORE:

- ⇒ Preparing Food
- ⇒ Eating
- ⇒ Caring for the sick; changing diapers, giving medicines
- ⇒ Looking after babies or elderly
- ⇒ Starting work; especially if you are a food handler or a health professional



BETWEEN:

- ⇒ Putting in contact lenses
- ⇒ Handling raw foods (meat, fish, poultry, eggs) and touching any other food or kitchen utensils



AFTER:

- ⇒ Handling raw foods, particularly meat fish, and poultry,
- ⇒ Going to the toilet
- ⇒ Touching rubbish/waste bins
- ⇒ Caring for the sick, especially those with gastro-intestinal disorders
- ⇒ Coughing or Sneezing
- ⇒ Handling animals



Did you know?

If you wear a ring there could be as many germs under it as there are people in Europe. Millions of germs can also hide under watches and bracelets.

It's Flu Season

- ⇒ The difference between a cold and the flu: A cold begins with a low grade fever and minor aches, sneezing, scratchy throat, and stuffy nose. Symptoms may also include head ache and swollen lymph nodes. The symptoms last a few days.



- ⇒ The Flu: Comes on fast with chills, a fever, a bad case of body aches, fatigue, and weakness. Symptoms are usually followed by a sore throat, stuffy heads and coughing. Depending on the type of virus, nausea and vomiting may be involved. The fever and aches can last for up to five days. The coughing can last up to two weeks.



Recommendations at the First Signs of the Flu

- ⇒ Lots of quiet rest; for at least 72 hours
- ⇒ Try acetaminophen or ibuprofen for headache and fever
- ⇒ Prevent dehydration and drink lots of fluid
- ⇒ If symptoms persist, call your Doctor