

Health Awareness

A County Health Pool Publication



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Clean Hands Healthy Body

Hand washing is a simple and effective way to help prevent diseases, such as colds, flu, and food poisoning.

When to wash your hands

Washing hands:

- Often, especially during cold and flu (influenza) season, can reduce your risk of catching or spreading a cold or the flu.
- Before and after preparing or serving food reduces your risk of catching or spreading bacteria that cause food poisoning. Be especially careful to wash before and after preparing poultry (turkey), raw eggs, meat, or seafood.
- After going to the bathroom or



changing diapers reduces your risk of catching or spreading infectious diseases such as salmonella or hepatitis A.

Wash your hands after:

- Touching parts of your body that are not clean.
- Using the bathroom.
- Coughing, sneezing, or using a handkerchief or disposable tissue.
- Eating, drinking, or using tobacco (for example, smoking).
- Handling soiled kitchen utensils or equipment.
- Handling other soiled or contaminated utensils or equipment.

- Handling garbage, using the phone, shaking hands, or playing with pets.

Proper hand-washing

The Centers for Disease Control and Prevention recommend the following steps for hand washing:

1. Wash your hands with running water and soap.
2. Rub your hands together for at least 20 seconds.
3. Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails.
4. Leave the water running while you dry your hands on a paper towel.



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Clean Hands Healthy Body (Continued)

5. Use the paper towel as a barrier between the faucet and your clean hands when you turn off the water.

If soap and water are not available, use gel hand sanitizers or alcohol-based hand wipes containing 60% to 90% ethyl alcohol or isopropanol. Most supermarkets and drugstores carry these products. Carry one or both with you when you travel, and keep them in your car or purse.

If using the gel sanitizer, rub your hands until the gel is dry. You don't need to use water. The alcohol in the gel kills the germs on your hands.

Hygiene Habits

According to a new survey by the American Cleaning Institute,

which represents the U.S. cleaning products industry, children need to wash up more often at school, and parents need to set a better hand washing example.

Less than two-thirds of children say they wash their hands before lunch; 26% do not wash their hands after handling garbage. Only about half wash up after coughing, sneezing, or blowing their nose. Getting children into the habit of washing their hands starts at home.

Why is hand washing so important?

According to the CDC, hand washing is one of the most effective means of stopping the spread of illness and infection. Most children (97%, according to the survey) already know this. Yet, the survey indicates, they -- and, in some cases, their parents -- need

more time and encouragement to wash up.

Nancy Bock, American Cleaning Institute vice president of consumer education, says "Good hygiene is one of the many life skills that schools can reinforce. Good hygiene helps keep students healthy and in school. Parents and teachers need to prompt kids daily, because cleaning matters to our health. Lessons learned in school last a lifetime."

Source: www.webmd.com



County Health Pool Word Search

E U T H C N L I D D I P H W R C S Q G I
S F E A S Y M O L Z N E A I O A N X B N
A W B N N A V C N B P N W N Z S D Z E F
E T K D D V N L E A J B T P T V F Q I L
S I B K F J X I T P P A D G Q N D H S U
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Q A W E J E F V X S S D E N P I I D N B
G W N F D G Q S B U G N I H G U O C A P
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J U I T W D R I R I W A S H U P T M W R
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N V S G E C S Y T U I E H G P G B S G Z
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N T V F W O N B I U M Q G J Q R U M A U
Y E N P K M Q S H N N W U E U M M Q Q W
D I G G U G T X U O G Y A J G S S G M C

CONTAMINATED
COUGHING
DISEASE
FINGERNAILS
GERMS
HANDKERCHIEF
HAND WASHING
HAND WIPES
HEPATITIS
HYGIENE
INFECTIOUS
INFLUENZA
ISOPROPRANOL
SALMONELLA
SANITIZER
SNEEZING
SOAP
SOILED
WASH UP