

Handwashing

According to the Center for Disease Control & Prevention the most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands. Here's how to properly wash your hands. Wet hands with warm, running water, pump soap into palms, rub together to make a lather, scrub hands vigorously for 15 seconds; equivalent to singing the happy birthday song twice. Be sure to clean under fingernails. Rinse soap off hands. Dry hands thoroughly and use paper towels to turn the water off. Clean hands prevent disease and infection. This means that washing our hands prevents illness at home, at school and at work.

Have you ever been in a meeting and not realized how easy germs are spread? At work germs are easily spread in many ways; such as passing out documents, not covering your cough properly and then touching an item, or sharing pens. In a health care setting hand washing can prevent serious infection from spreading between patients and health care workers. It is recommended to clean hands before and after each patient contact by either washing hands or using an alcohol based rub. At home, hand washing can prevent infection from spreading among family members and sometimes throughout a community. In the home the basic rules should be to wash your hands before preparing food, before eating, after changing diapers, after handling uncooked meat or poultry, after coughing, sneezing or blowing your nose, after handling garbage, after playing with pets after using the bathroom and during times of illness. For Sedgwick County to be the healthiest community it can be everyone must keep their hands clean. Remember, the best way to prevent disease and illness is to wash your hands. For presentations and more information about hand washing visit www.sedgwickcounty.org or contact 316 660-7350.