COMMUNITY HEALTH CARE SYSTEMS, INC.
MONTHLY INSIGHT

Hand hygiene awareness MONTH!
By Camesha Grant, Health Educator

WHY IT'S IMPORTANT:

Our eyes, noses, and mouths are all ways that germs enter our bodies to make us sick. We touch our faces without even realizing it. Hand hygiene is one of the best ways to remove germs! **Handwashing helps prevent us from getting sick by stopping the spread of germs.**

It helps to put a stop to the spread of infections like diarrhea, the common cold, ring worm, "pink eye", and COVID-19 virus. But germs from unwashed hands can also get into our foods when we are eating or cooking. Germs from unwashed hands can be passed on to other items like handrails, table tops, door knobs, or toys. Those germs are then passed on to another person when he/she touches those items.
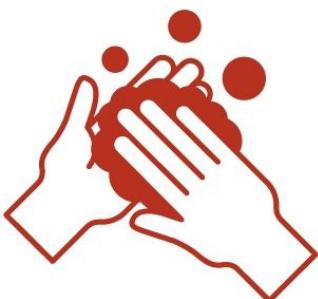
HOW TO WASH YOUR HANDS:

STEP #1: When washing your hands, make sure to wet them with clean running water and apply soap.
STEP #2: Rub hands together to create a lather.
STEP #3: Remove any hand jewelry and rub in between fingers. Don't forget to clean under fingernails!
STEP #4: Scrub for at least 20 seconds, that's a full round of singing *ABCs* or *Twinkle-Twinkle Little Star*

NOTE: Only use hand sanitizer when hands are not visibly dirty or when soap and water are not available.

When to wash your hands:

Before and after leaving and returning home.
Before and after breaks in the workplace
After coughing, sneezing, and blowing your nose
After using the restroom
Before eating and preparing food.
After handling raw meats

Hand washing benefits everyone's health, so let's respect others around us by making handwashing a part of our everyday routine.