



WASH YOUR HANDS

INTRODUCTION

Hand washing doesn't take much time or effort, but it does offer great rewards in terms of preventing illness. The simple act of washing your hands prevents ingestion and absorption of harmful substances, the spread of infection and diseases, absenteeism due to illness, and lost work time.

WHEN TO WASH YOUR HANDS

Germs are everywhere. For example, a recent study found that 71% of gas pump handles and 41% of ATMs carry disease causing germs. So consider washing your hands after using gas pumps, ATMs, and:



- Before inserting or removing contact lenses
- Before and after preparing food
- Before and after eating
- Before and after visiting anyone who is sick
- After using the bathroom
- After blowing your nose or coughing
- After outdoor activities
- After working with chemicals
- Often during cold and flu season

HAND WASHING TIPS

By frequently washing your hands the right way, you'll wash away germs that you have picked up from other people, through contaminated water and food, from tainted surfaces, or from animals and animal waste. Remember:

- Use warm water
 - *Hot or cold water is not recommended because of the uncomfortable temperature; you will likely not wash long enough and you risk making your skin tough and chapped*
 - *Hot water is used to kill microbes and sterilize objects, but you don't want to stick your hands in water that hot*
- Use soap
 - *Use whatever soap you like- antibacterial soaps are popular but regular soap does the job just fine*
 - *The real cleansing is done by the friction and force of rubbing the soap against your hands*
 - *Soap suspends microbes, allowing them to be rinsed away*





STATEMENT
Insurance Agency

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Rub your hands together vigorously and scrub all surfaces

- *Lather up on both sides of your hands*
- *Remember to get between your fingers and under your nails*
- *Wash for 15-20 seconds- about how long it takes to sing "Happy Birthday" twice*
- Pat dry with a clean towel
 - *Don't use your clothes to dry your hands; your clothes could be dirty and wiping your clean hands on your dirty clothes defeats the whole purpose of washing your hands*



HAND SANITIZERS

Washing your hands with soap and water is the best way to reduce the number of germs on them. However, if soap and water are not available, you can use an alcohol based sanitizer that contains at least 60% alcohol. Although hand sanitizers do not eliminate all types of germs, using them is better than nothing. When using hand sanitizers, simply rub the product over all surfaces of your hands and fingers until everything is dry.

CONCLUSION

Washing your hands with soap and water is a simple but incredibly effective way to stay healthy. The 15-20 seconds spent washing your hands can prevent you from spending hours at the doctor's and days feeling sick. Therefore, it's a good idea to make it a habit to keep your hands clean.



Questions? Call 1-800-734-3574

