

DECEMBER 2014

EPIC WELLNEWS

HEALTHY HANDS



Health experts estimate 80 percent of common infections are spread through hand contact, so good hand hygiene is the best way to prevent the spread of germs.

WASH WITH SOAP AND WATER

For best results, wet your hands with clean running water and apply soap to keep germs from sticking. Rub hands together, lathering and scrubbing all surfaces for at least 20 seconds. Then rinse your hands well under running water and dry them using a paper towel or air dryer. When in a public bathroom, use your paper towel to open the bathroom door if a trash can is near it.

USE A HAND SANITIZER

When you can't get to a sink, experts recommend you use an alcohol-based hand sanitizer, which can significantly reduce the number of germs on your skin. Alcohol may kill 99.99% of bacteria in about 15 seconds. Hand sanitizers evaporate quickly, so there is no residue left on your hands where germs can grow.

For best results, apply the product to the palm of one hand and then rub your hands together. Continue to rub product over all surfaces of your hands and fingers until they are dry.

CLEANSER YOUR HANDS OFTEN

Not only will cleansing your hands often help prevent you from getting sick, it will help you from getting others sick. Always wash with soap and water or a hand sanitizer after:

- Blowing your nose, coughing, or sneezing
- Going to the bathroom, changing diapers, or handling animal waste
- Handling garbage

Never prepare or eat food, tend to an ill person, or treat a cut without clean hands. Make use of these simple, but effective, tools.

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EPIC WELLNEWS

KEEPING OUR KIDS HEALTHY DURING THE WINTER MONTHS

Health experts estimate 80 percent of common infections are spread through hand contact, so good hand hygiene is the best way to prevent the spread of germs.

HAND WASHING

Most adults know that washing their hands is the single most important way to keep from getting sick; set a good example for your children. Kids need to understand the importance of hand washing and have it reinforced frequently.

WHEN TO WASH

Germs are easily spread directly to others or onto surfaces that people touch. Remind children to wash their hands with soap:

- Before, during ,and after food preparation
- Before and after eating
- After using the bathroom
- After handling animals or animal waste, such as cleaning a litter box
- Whenever their hands are dirty or after playing outside
- More frequently when anyone around them is sick

COVERING COUGHS

Show kids how to cough or sneeze into their sleeve or the crook of their arm—not into their hands. Because kids are not usually near a tissue when the urge to cough or sneeze occurs, it’s much easier to spread infectious germs to others. Young and active children are less likely to immediately wash their hands following a cough, sneeze or wipe of the nose.

Consider turning “cover your cough” into a game or type of positive reinforcement when kids are caught covering their cough correctly. Encourage older kids to create health posters and other lessons to hang up in the classroom and at home.

AVOIDING CONTACT

Try to keep children away from others who may be fighting a cold, the flu or any other infectious illness. If you or your child is sick, encourage others to keep their distance to minimize the spread of the illness, and avoid public places until you are better.