## **WELLNESS WEDNESDAY**

FROM OUR DOCS TO YOU



## Hand Washing: Dr. Okem Okpara

## **Fun Facts:**

- One of the most important steps we can take to avoid getting sick and spreading germs to others.
- Necessary before, during and after handling food, before and after caring for the sick or treating a cut, and after using the toilet, touching garbage, handling pet food, touching an animal, animal feed, or waste, changing diapers, blowing your nose, coughing or sneezing and when visibly dirty.
- Correctly done (per the CDC) by wetting hands first with water, then lathering with soap, including the back sides and the finger nails.
- Scrub hands for at least 20 seconds; approximately the time it takes to hum the "Happy Birthday" song twice, then rinse well with clean water.
- Alcohol-based hand sanitizers (at least 60% alcohol) may be used in lieu of water and soap, if the latter are unavailable although, they're not generally considered as good as hand washing.



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