Washing Your Hands

Are you looking for a good way to avoid getting sick? Wash your hands.

Frequent hand washing is one of the best ways to protect yourself from a variety of illnesses that can be transmitted through contact with people, animals, food, and contaminated surfaces. When you touch one of these items and then touch your eyes, nose, or mouth, you may become infected with viruses or bacteria.

It's best to wash your hands with soap and hot water. Lather your hands and fingers with soap for 20 seconds, then rinse for another ten. If this isn't an option, use alcohol-based hand sanitizers or antimicrobial wipes. Use a bleach-based solution to cleanse objects and surfaces.

Always wash your hands both before and after you:

- Eat, prepare, or serve food, especially when handling raw meat, poultry, fish, or eggs
- Put in or take out your contact lenses
- Treat or bandage a cut, scrape, or burn

Take the time to wash your hands after you:

- Use the bathroom, change a diaper, or help someone else use the toilet
- Wipe a child's nose or care for a sick person
- Pet or handle animals or their waste
- Blow your nose, cough, sneeze, or touch your hair or face
- Smoke

- Handle objects that may have been touched by others, such as dirty dishes, money, doorknobs, elevator buttons, or gas pumps
- Take out garbage
- Use public transportation

Additional ways to decrease the spread of germs include:

- Getting a flu shot every year
- Assigning family members separate hand towels
- Cleaning bathroom and kitchen surfaces often
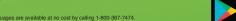- Eating healthy, exercising, and getting between seven and nine hours of sleep a night

LifeMatters can offer more suggestions on how to stay healthy during a viral outbreak. Call 24/7/365.

Source: The Staywell Company, LLC

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