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FOR IMMEDIATE RELEASE
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Health Departments Reminds Community on the Importance of Handwashing

Keeping hands clean through hand washing is one of the most important steps we can take to avoid getting sick and spreading illness to others. Hands that have touched someone's mouth, nose, or face can spread respiratory illness to another person. People most at risk of becoming ill are the very young, pregnant women, seniors, and those with preexisting medical conditions. Help keep the community healthy by taking the extra step to clean your hands!

It is recommended that everyone wash their hands frequently, but it is especially important in the following circumstances:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the restroom
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing. Cough or sneeze into your elbow instead of your hands.
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

To properly wash your hands, wet your hands with running water, apply soap, make a lather, and scrub well for 20 seconds. If you would like to make the handwashing process more interesting, sing Happy Birthday to yourself! Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails. Rinse your hands well under running water. Use a clean towel to dry your hands.

For more information about handwashing or reducing the spread of contagious diseases, visit www.lucascountyhealth.com

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