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Healthy News

Brought to you by the South Heartland District Health Department
Healthy People in Healthy Communities

Why Wash Your Hands?

Hand washing is one of the best ways to protect yourself and your family from getting sick, especially during the cold and flu season.

How germs spread

- Germs can spread from person to person or from surfaces to people when you:
 - Touch your eyes, nose, and mouth with unwashed hands.
 - Prepare or eat food and drinks with unwashed hands.
 - Touch surfaces or objects that have germs on them.
 - Blow your nose, cough or sneeze into hands and then touch other people's hands or objects.

When to wash your hands

- BEFORE & AFTER:
 - Preparing food
 - Eating food
 - Caring for someone at home who is sick
 - Treating a cut or wound
- AFTER:
 - Using the toilet
 - Changing diapers or cleaning up a child who has used the toilet
 - Blowing your nose, coughing or sneezing
 - Touching an animal, animal feed or animal waste
 - Handling pet food or pet treats
 - Touching garbage

Properly washing your hands

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

When soap and water isn't available, use hand sanitizer by applying sanitizer to your hands, covering all surfaces of the hands and then rubbing until they're dry.

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HEALTH
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