



Safety Tip of the Week

Show Me the Science - Why Wash Your Hands?

The Centers of Disease Control (CDC) reports keeping hands clean is one of the most important steps we all can take to avoid getting sick and spreading germs to others. Apparently, many diseases and conditions can be spread easily because of not washing hands with soap and clean, running water.



Germs on Hands Make People Sick

Germs can originate from several sources like the following:

- Feces (poop) from people or animals;
- Hands transmit germs from toilet use, toilet paper dispensers, flush handles, stall doorknobs, sink facets, bathroom entry doors, diaper changing, handling raw meats, touch surfaces like tabletops, door handles, handrails, control buttons, keys, car steering wheels, gas pump handles, napkin box holders, salt and pepper shakers, condiment containers, etc.; and
- Germs can be transmitted by someone coughing or sneezing and then touching some other object.

It's Important to Teach People About Handwashing

REMEMBER handwashing can save lives, keeping whole communities to stay healthy. Spread the word and help us all wash our hand frequently with soap!

- Reduce the number of people getting sick with diarrhea;
- Reduce the number of people getting sick from respiratory illnesses, like colds and pneumonia; and
- Reduce the number of people becoming antibiotic resistant.

STAY CLEAN, STAY HEALTHY! SIMPLY WASH YOUR HANDS WITH SOAP!