

Temiskaming Hospital

December 2, 2009

Simple Prevention of Infectious Disease is as Close as Your Hands

Can you believe that one of the easiest and most inexpensive ways to prevent yourself from getting sick is literally available at your fingertips? It's called hand washing.

Hand washing is the single most effective way of preventing the spread of infection." Hand transmission is a critical factor in the spread of bacteria and viruses causing disease such as colds and flu.

What happens if you do not wash your hands frequently? You can pick up germs from other sources such as food to hands, hands to food, hands to other people and hands to objects such as door knobs. Do not touch the T-zone – mucous membranes of your eyes, nose and mouth are where germs enter your body.

So, how often should you wash your hands? Often -- probably more often than you do now! Germs are everywhere – you can't see them, but they are out there. It is especially important to wash your hands:

- After coughing or sneezing (if you didn't cough or sneeze into your sleeve or use a tissue);
- Before, during and after you prepare food
- Before you eat, and after you use the washroom
- When your hands are dirty; and
- More frequently when someone you live with is sick

National Hand Washing Awareness Week is December 6-12, 2009

Spread the word, not germs!



Temiskaming Hospital
(705) 647-8121
www.temihosp.on.ca