



Wash Those Hands!

By Jo Ann Abegglen
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The simple act of washing hands is the best way to reduce the transmission of communicable disease. As fall approaches and our children return to school, and the University community comes together to start another academic year, the best advise to promote health is **wash those hands!**

Research has demonstrated that washing hands after using the bathroom and before eating reduces the number of absentee days from school and significantly decreases the spread of infection in hospital settings. Less than 50% of us wash our hands after using the bathroom or before working with food or other people. Men are less likely than women to wash their hands following use of the bathroom. However, women who wear artificial nails or have chipped nail polish are more likely to have a higher bacterial count on their hands.

Hand washing sounds simple, but there are a few steps to remember.

1. Use warm water. Cold does not facilitate sudsing and cleaning; hot is damaging to skin.
2. Wet hands
3. Use liquid soap instead of bar soap. You need about one or two teaspoons to make a good lather. Making a good lather lifts the bacteria from the skin and helps suspend it.
4. Rub vigorously using a firm, circular motion, while keeping your fingers pointed down lower than the wrists. Start with each finger, then between fingers, then palm and back of hands. It takes 30 seconds in the scrubbing process to remove organisms, that is the time it takes to sing or hum once verse of your favorite hymn.
5. Rinse hands under running water, keeping fingers pointed downward.

6. Dry hands thoroughly with a paper towel, while keeping hands positioned with fingers pointing up.

7. Turn off water faucet with a dry paper towel.

8. Now your hands are cleaner! Observational studies have shown that most people was for less than ten seconds, and don't use soap. Check your children's school bathrooms and see if they have soap or paper towels. To keep things orderly, many schools start the year with soap and paper towels in their bathrooms and then never refill during the rest of the year.

We should be washing hands after bathroom use, before preparing food, before eating, and after changing diapers. There are hand sanitizers, or hand wipes that can be used when water and soap are not readily available.

For a fun Family Home Evening, check out how your family washes their hands. So, if you want to contribute to a healthier community, **wash those hands!**



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For other articles concerning health and wellness check out our website at:

www.byu.edu/wellness/w_article2.htm

BYU Health Fair

Wednesday October 24, 2001
10:00 - 4:00 p.m. WSC Garden Court



Prizes

Red Cross

American Cancer Society

Food

Y-Be-Fit

Mountain Bike give-

American Diabetes

CHOLESTEROL SCREENING If you missed the last cholesterol screening, you have another chance. Register for an appointment online at www.byu.edu/wellness or call 8-5884.

Flu Shots

Avoid the flu this season by getting a flu shot! Following are the dates, times and places where they will be offered. Register for an appointment online at www.byu.edu/wellness or call 8-5884.

The times for all of these dates are from 9-4 p.m.

Oct 29 WSC Garden Court
Oct 30 WSC Garden Court
Nov 1 WSC 3228
Nov 2 WSC 3290

Nov 5 SHC 2010
Nov 6 SHC 2010
Nov 8 SHC 2010
Nov 9 SHC 2010



W alktoberfest



October 27, 2001
11:45-1:00 p.m.

3K Fun Walk

You'll Feel Great!



Join the Fall Fun
Food, Prizes, T-shirts
The Quad between the SFH and the RB