



Nurses' Newsletter

January/February 2016



Yikes! I got sick. But how did I get sick? I wasn't around anyone who was sick.

Did you know one of the best and most simplest ways to prevent the spread of illness is to wash your hands with soap and water?

The correct way to wash your hands:

- Wet hand with water,
- Apply soap and lather, washing the back of hands, front, in between fingers
- Scrub for 20 seconds, or sing the ABC's or Happy Birthday song
- Rinse with clean running water
- Dry hands.



You should always wash your hands when you do any of the following:

- Before you eat
- Before and after caring for someone who is sick
- ALWAYS AFTER USING THE TOILET
- After changing diapers or after wiping a child who has used the toilet
- After you blow your nose, cough, or sneeze *(Cough and sneeze into the bend of your elbow to prevent germs from getting on your hands)
- After handling trash
- Before and after you treat a cut or wound
- Before you prepare food, during food preparation, and after you have finished preparing the food
- Anytime after you have fed, touched, or held an animal & after cleaning up animal waste

Regular handwashing is important. It is one of the best ways to get rid of germs, avoid getting sick, and prevent the spread of germs to others.

