Wash Your Hands

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The participant will be able to...

- list three diseases caused by poor hand washing
- recall the various ways to wash hands
- recite four reasons to wash your hands
- describe how to wash hands
Infectious diseases, many of which are spread by unclean hands, remain the cause of death and disease worldwide and the leading cause of death in the United States. (washup.org)

About 80% of infectious diseases are transmitted by touch.

The CDC estimates that 36,000 people die from the flu or flu-like illness each year and another 5,000 people die from food borne illness each year from not washing their hands (CDC).
Diseases Are Transmitted By...

**Direct Contact:**

Direct contact transmission requires physical contact between an infected person and a susceptible person, and the physical transfer of virus and or bacteria.

**Indirect Contact:**

Indirect contact transmission refers to situations where a susceptible person is infected from contact with a contaminated surface.
Diseases Are Transmitted By...

**Airborne:**

Airborne transmission refers to situations where droplet nuclei or dust particles containing viruses or bacteria can remain suspended in air for long periods of time.

**Vector:**

Vectors are animals or insects that are capable of transmitting diseases.
Hand Washing Is The MOST Effective Way To Prevent The Spread Of Disease
What Is Hand Washing...

- Is a vigorous, brief rubbing together of all surfaces of lathered hands for about 15-20 seconds followed by rinsing under a stream of 110°F water.

Source: UW Food Service
Soap...

- **Regular Soap:**
  
  Soap and water are very effective and are necessary if soil (dirt) is visible. To really work, hand washing **MUST** be done **FREQUENTLY** and **PROPERLY**. Washing with plain soap and water will eliminate most bacteria.

Source: Minnesota Department of Health
Soap cont...

- **Alcohol Hand Sanitizers:**
  
  Alcohol based sanitizers kill 99.99 percent of the most common germs. They work within seconds and without water. To prevent the drying effect of the alcohol, the sanitizer needs to contain moisturizers. Most have ethyl alcohol, ethanol and/or isopropanol ingredients. The concentration of alcohols must be between **60 and 95 percent**. Less than that isn't enough to kill germs.
Soap cont...

• **Antibacterial Soap**...

The American Medical Association and the CDC do not recommend the use of antibacterial soaps. Many health experts fear widespread use could lead to a strain of resistant bacteria. The antibacterial compounds need to be left on the hands for about two minutes in order to have any effect on bacteria.

Source: Minnesota Department of Health
Some Common Diseases Prevented By Effective Hand Washing...

- Hepatitis A
- Shigellosis
- E.coli 0157:H7
- Salmonellosis
- Common cold
- Influenza
- Giardiasis
- Conjunctivitis (Pink Eye)
- Staph/MRSA
- Campylobacter
When You Should Wash Your Hands...

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after caring for a person who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
Hand Washing Don’ts…

- Don’t use a single damp cloth to wash a group of children's hands
- Don’t use a standing basin of water to rinse hands
- Don't use a hand towel used by others.
- Don’t use sponges or non-disposable cleaning cloths unless you launder them on a regular basis, adding chlorine bleach to the wash water

SOURCE: Health Link, Medical College of Wisconsin
Soap and Water...

- Wet your hands with warm water (about 110°F)
- Apply liquid or clean bar soap
- Make as many bubbles as you can
- Rub your hands vigorously together for at least 15-20 seconds (sing happy birthday to yourself twice)
- Scrub all surfaces, including the backs of your hands, wrist, between your fingers and under your nails
- Rinse well
- Dry your hands with a clean or disposable towel
- Use a towel to turn off the faucet
WASH YOUR HANDS

1. WET
2. SOAP
3. WASH FOR 20 SECONDS
4. RINSE
5. DRY
6. TURN OFF WATER WITH PAPER TOWEL

Source: Washington State Department of Health

Hamilton County Health Department
Health Education Division
Alcohol-Based Hand Rub...

- Apply the **size of a quarter** to the palms of dry hands
- Rub hands together, palm to palm
- Rub in between and around fingers
- Rub around each thumb clasped in the opposite hand
- Rub fingertips of each hand backward and forward in the opposite hand
- Keep rubbing until your **hands are dry**
1. Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.

2. Rub hands together; palm to palm.

3. Rub back of each hand with palm and interlaced fingers of the other hand.

4. Rub around each thumb clasped in the opposite hand.

5. Rub fingertips of each hand backward and forward in the opposite hand.

6. Keep rubbing until your hands are dry. Paper towels are not needed.

REMEMBER, proper hand sanitizing can kill germs that make you sick!
Kids And Handwashing...

- Make sure that children wash their hands properly and often
- Wash your hands with your children and supervise their hand washing
- Place hand washing reminders at children’s eye level (hand washing calendars)
- Tell children to sing *Happy Birthday to themselves* twice
- When using alcohol-based hand sanitizer for children, make sure that their hands have completely dried before they touch anything that could be toxic if ingested
Remember...

Use Soap And Water (110°F) And sing HAPPY BIRTHDAY (15-20 seconds) To Yourself TWICE
HAND WASHING IS THE KEY TO DISEASE PREVENTION!
Resources...

- CDC
  www.cdc.gov

- FDA
  www.cfsan.fda.gov

- Henry the Hand
  www.henrythehand.com

- Indiana State Department of Health
  www.in.gov/isdh/

- Mayo Clinic
  www.mayoclinic.com