Your Hands, Your Health

According to a survey conducted by the CDC, 40 million Americans contract illnesses every year due to bacteria on their hands. Once you've come into contact with germs, you can unknowingly become infected just by touching your eyes, nose or mouth. Handwashing may seem trivial, but proper washing is the first line of defense against the spread of illnesses, from the common cold to E. coli, meningitis, bronchiolitis, hepatitis A and the flu.

To minimize the germs passed around at work and home, be sure to wash:

- Before cooking and eating
- After shaking a lot of hands
- After touching animals and family pets
- After being outside
- After using the restroom
- Before and after visiting with sick friends or relatives
- After blowing your nose, coughing or sneezing

Stay healthy with Nurse24.℠

Count on us for immediate expert advice on everything from preventive tips to treatment advice when you or your family does become ill. You can talk to an experienced nurse anytime - day or night. It's like having your own nurse on call! Plus, your call is always FREE and completely confidential.

To wash like a pro:

Use soap and warm water.

Scrub all the surfaces of your hands up to your wrists. Lather for at least 20 seconds or enough time to hum the "Happy Birthday" song twice.

Rinse thoroughly.

Dry your hands. Don't leave them wet or damp.

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