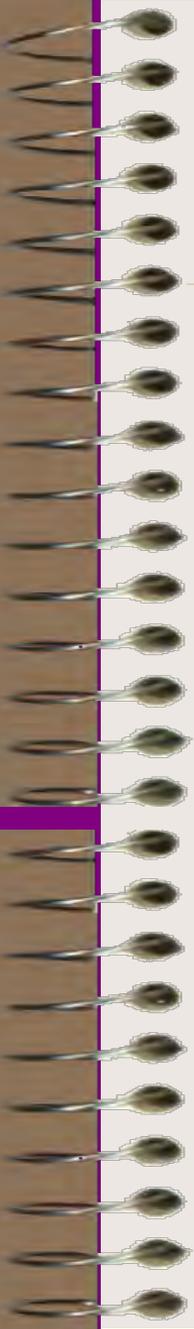


Got Soap?





The best prevention against
infectious disease is...

Handwashing!



Water, soap and friction wash away...



- Bacteria
- Viruses
- Parasites
- Yeasts
- Fungi

that can cause disease.



Trivia Time!!!

● How many diseases can be spread by not washing your hands?



A spiral-bound notebook with a white page. The page is covered with numerous small, purple, multi-legged germs. The germs are scattered across the page, with a higher concentration in the upper half. In the center of the page, the text "Over 200!" is written in a large, bold, black serif font. The underlining is a thick black bar. The notebook's spiral binding is visible on the left side. In the bottom right corner, there are two dark grey arrowheads pointing left and right.

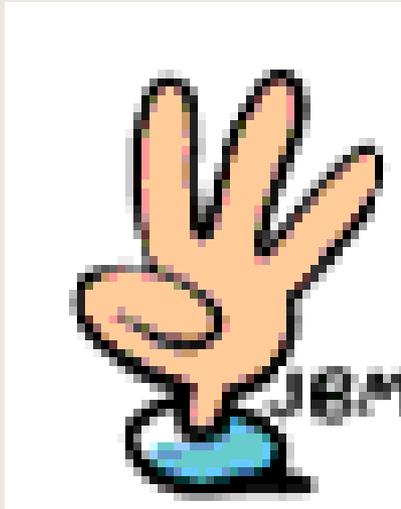
Over 200!



• How many people stop to wash their hands after using the bathroom?



Only 1 in 3!!!
(or 33%)





• How long should you scrub your hands when washing?



10 - 20
seconds



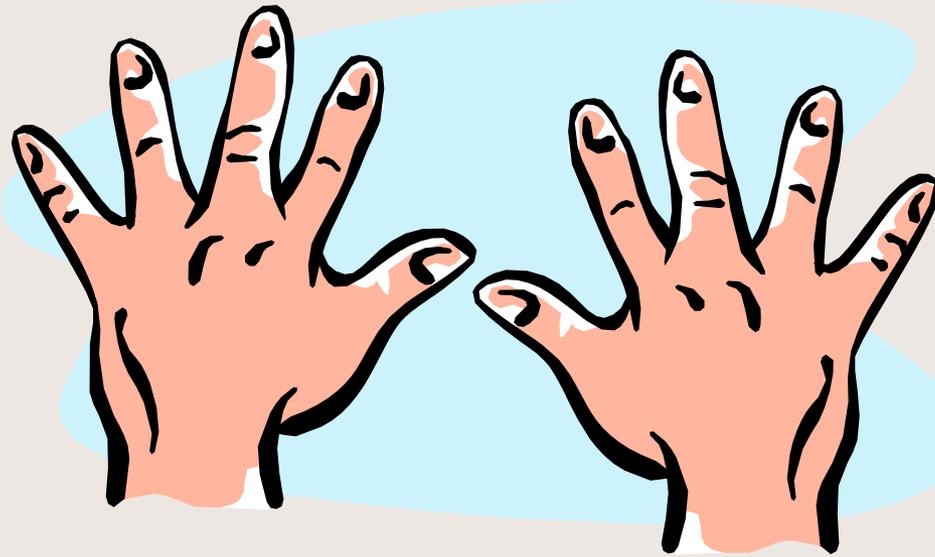
Germ Killing Techniques



1. Wet hands with water.
2. Apply soap.
3. Scrub all surfaces of hands for 10 to 20 seconds.
4. Rinse thoroughly under running water.
5. Dry hands completely with a paper towel.
6. Turn off water with the paper towel.



Where On The Hands Do Microorganisms Hide?



Under fingernails
Between fingers
Under rings or jewelry



When Should You Wash?

- ▶ After using the restroom
- ▶ Before and after eating
- ▶ Before applying make-up, inserting contacts, using eye drops, etc.
- ▶ After petting animals
- ▶ Before and after food preparation
- ▶ After taking care of sick people
- ▶ After handling money
- ▶ When hands feel dirty

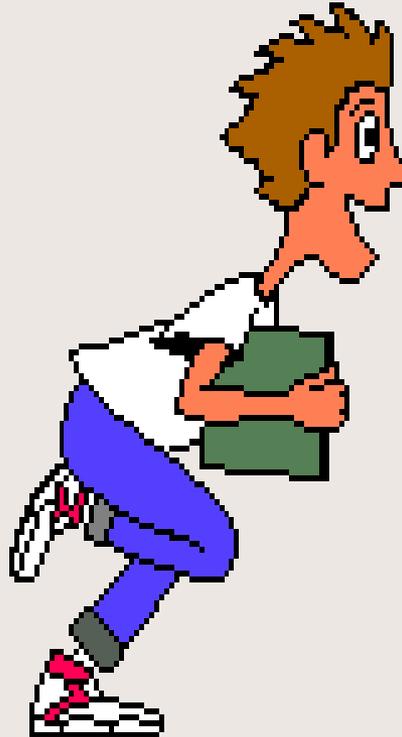


Why Make Such A Big Deal Out Of Handwashing?

- These organisms that cannot be seen with the naked eye are powerful and given the opportunity, they will infect you.
- They can make you sick for the day, for months, or even cause death.
- They are not concerned about who they infect so everyone is at risk. The young, elderly and those with a compromised immune system are particularly vulnerable.
- Even if you don't get sick from some germs you pick up, the person you unknowingly spread it to could have serious complications.



Time for a few
definitions...



Infectious Diseases

Diseases caused by germs that are passed person-to-person.



Germs or Microorganisms

Microscopic, one-celled living organisms. Bacteria and viruses are both considered microorganisms.



**Bacteria and viruses can
cause illness and even
death.**

**Hey, wait a
minute! We're not
all bad!**





Some of the most common microorganisms that can cause serious health problems include:



- Shigella
- Influenza
- The common cold
- E. Coli
- Salmonella



Germs Are Everywhere!



There must be other ways
to protect myself in
addition to handwashing...



Lower Your Risk of Acquiring or Spreading Infectious Disease

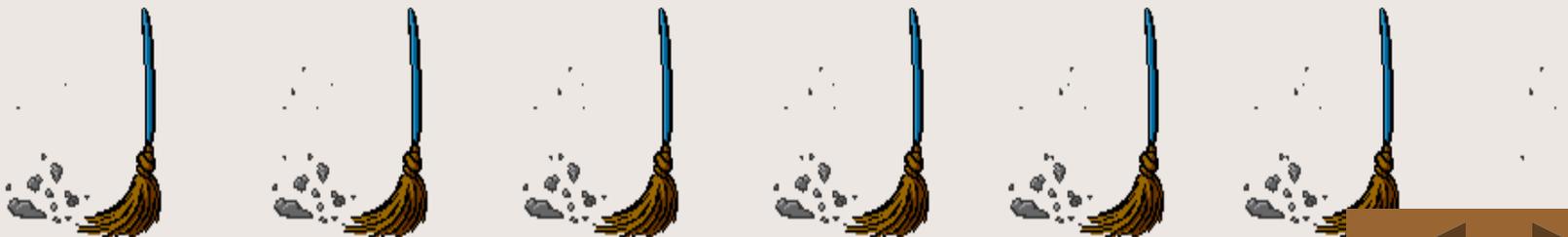


- Keep your immune system healthy by getting enough sleep, eating a balanced diet, exercising.
- Wash hands frequently.
- Keep up to date on immunizations.
- Practice good personal hygiene, including covering your mouth and nose when coughing and sneezing.
- Avoid contact with wild animals.
- Handle and prepare food safely.
- Routinely clean and disinfect surfaces.
- Use antibiotics properly.



Healthy Environments

- Not only is it important to keep our hands clean, it is necessary to keep our environment clean.
- The germs that cause us to get sick have to be killed, especially after illness.
- Clean light switches, door or cabinet knobs, toilet handles, telephone, remote controls, or any other frequently touched surface.



The germs that cause the common cold can live on a tissue for how many days and remain infectious?

7 - 10 days



Be on the lookout for germs!





And remember...

No Matter Who You Are...

No Matter What You Do...

WASH YOUR HANDS!

