

# Cardinal Pharmacy's

## *Health Topic of the Month*

Handwashing is like a “do-it-yourself” vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

### WHEN YOU SHOULD WASH YOUR HANDS?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### HOW YOU SHOULD WASH YOUR HANDS?

- **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **RINSE** your hands well under clean, running water.
- **DRY** your hands using a clean towel or air dry them.

### WHAT SHOULD YOU DO IF YOU HAVE NO SOAP OR RUNNING WATER?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and

water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

### HOW DO YOU USE HAND SANITIZERS?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

### OTHER SICKNESS PREVENTION TIPS

- **Get vaccinated against flu.**
- **Practice healthy habits.**
- **Wash your hands often.** Teach children to do the same. Both colds and flu can be passed through contaminated surfaces, including the hands. Wash hands with warm water and soap for 20 seconds.
- **Try to limit exposure to infected people.** Keep infants away from crowds for the first few months of life.
- Eat a balanced diet.
- Get enough sleep.
- Exercise.
- Do your best to keep stress in check.

*Where wellness  
is more than  
prescriptions.*



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