



Wellness Buddy Wednesday Tip

Handwashing 101

Frequent hand washing is the best defense to staying healthy during cold and flu season. If good ole' soap and water isn't available, keep a hand-sanitizing gel nearby for both your own and others' use. When hand washing make sure to:

1. Use warm water. Excessively hot water is hard on your skin, and cold water inhibits the sudsing of soap.
2. Don't sweat the soap. You don't need to kill germs with pricey antibacterial soap. Just dislodge them with a good lather.
3. Hit the hot spots. Soap up every millimeter of skin including the backs of the hands and the undersides of nails.
4. Rinse repeatedly. Use running water, and lots of it, to remove every trace of suds (and germs).
5. Save your work. Faucet taps can be loaded with germs. Use a paper towel to shut off the water.

Providing guidance and support to make the "healthy choice the easy choice!"

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