

SUNDAY MORNING HEALTH CORNER

The Importance of Hand Washing

As the COVID-19 vaccinations continue to roll out, it is essential to remember one of the key preventative measures in reducing the spread of COVID-19, washing your hands.

As we go through our daily lives, we often touch many substances that contain thousands of germs and bacteria that cause infections. Sometimes subconsciously, we touch other surfaces, ourselves, and others around us. As a result, we are constantly transferring germs from one place to another. Proper hand-washing is the first line of defense against many types of diseases and infections. Taking 20 seconds to wash your hands can potentially save your life and those around you.

Five Steps to Washing your Hands Properly *as recommended by The Centers for Disease Control and Prevention (CDC)*



Wet. Using clean, warm running water, wet both of your hands, turn off the tap, and apply soap.



Lather. Using an antibacterial hand soap, lather the front of your nails, the back of your hands, your nails, and between your fingers.



Scrub. For 20 seconds, scrub your hands front and back.



Rinse. After you scrub your hands, rinse your hands well under clean running water.



Dry. Using a clean towel or air drying, dry both of your hands.



THE
BALM 
IN
GILEAD™
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256