

SUNDAY MORNING Health Corner

The Importance of Handwashing During Cold and Flu Season

Historically, cold and flu season begins in fall and lasts through the winter months. Although, it's possible to contract the influenza virus and others that cause the common cold year-round, **activity peaks between December and February**. As SARS-COV-2, the virus that causes COVID-19, continues to spread, taking proper care to protect yourself and others from infection remains vital. **A key preventative measure to protect against the common cold, flu, and COVID-19 is hand washing.**



How often should I wash my hands?

Proper handwashing is essential. Daily we touch countless surfaces with thousands of germs and bacteria that can cause infection. Then we touch other surfaces, ourselves, and others around us, transferring the germs from one place to another.



Wash your hands before and after:

- Food preparation
- Restroom usage
- Touching your eyes, nose, or mouth
- Touching your mask
- Entering and leaving a public place
- Touching items or surfaces frequently touched by others like door handles, tables and gas pumps



Five Steps to Proper Handwashing

as recommended by the Centers for Disease Control and Prevention

1. **Wet.** Wet both hands with clean, warm water.
2. **Lather.** Apply antibacterial soap. Rub hands together to lather soap across the back of your hands, between your fingers, and under your nails.
3. **Scrub.** Scrub hands for at least 20 seconds.
4. **Rinse.** Use clean water to rinse your hands.
5. **Dry.** Use a clean towel or air dry to dry hands.



THE
BALM 
IN
GILEAD™
INC.

www.balmingilead.org

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