

SUNDAY MORNING Health Corner

The Importance of Hand Hygiene

Cases of COVID-19, flu, and respiratory syncytial virus (RSV) are all circulating at the same time, posing a **"triple health threat."** All of this could lead to an increase in respiratory infections in the following months. Because bacteria and viruses can be found on any surface, proper **hand hygiene** is an important protective precaution against the **common cold, flu, RSV, and COVID-19.**



Wash your hands before and after:

- Food preparation
- Restroom usage
- Touching your eyes, nose, or mouth
- 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 Hand Washing

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.



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