

Health & Wellness Newsletter

August 2007

It is that time of year again! Time for the community to work together to decrease the risk of infection in our children, our schools and our homes!



Wash Your Hands !!!

We are our own best defense against viruses and infections, and this in turn protects our community and families during the course of the year. We know that a lot more of the viruses and bacterial infections are stronger and more virulent than they used to be. They are not going to just fade away, but continue on throughout our community. We also know that the **BEST** defense is still **GOOD HANDWASHING**.

What are the main culprits for the spread of germs?

- ☀ Community use surfaces (public bathrooms, public facets, door knobs, sports equipment used by a team, computers, telephones, multi-user desks, etc)
- ☀ Pets, farm animals
- ☀ Artificial fingernails

What happens if you do not wash your hands frequently? You pick up and carry germs, infecting yourself by

- ☀ Touching your eyes
- ☀ Rubbing your nose
- ☀ Placing your hand near your mouth (eating, drinking, smoking, etc)

AND INFECTING OTHERS (including your family) by

- Shaking hands with others
- Touching community used surfaces
- Close contact with your family
- Exchanging money, etc



How do we avoid the spread of viruses and bacteria?

⇒ Wash your hands often:

- Before, during and after preparing food
- Before you eat
- After using the bathroom (even at home)
- Immediately after handling animals or animal waste!
- When your hands are dirty
- Frequently when you are sick or caring for someone who is sick

What are some additional ways to prevent transmission?

- ❖ Avoid dry, rough hands that crack by applying lotion liberally
- ❖ When coughing or sneezing, use tissues or cover your mouth with the inside of your upper forearm
- ❖ Clean community surfaces frequently with an antibacterial cleanser (including sports equipment, telephones and doorknobs)
- ❖ Be observant when in fast food restaurants. If you see staff preparing your burger with bare hands, **speak up!**



These infections cause colds, hepatitis A, meningitis, infectious diarrhea, Staph infections (including MRSA) and also help food borne illnesses like Salmonella. For more information on prevention and health please see <http://www.cdc.gov/>.

Did you know washing your hands often can save you time and money? Washing your hands regularly, especially before you eat, can prevent an unnecessary trip to the doctor or missed time at school or work.

Remind your students about hand washing, including those who are older.

Our Children... Our Future...

Laney Kennedy, RN

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