

NEWS RELEASE

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For Immediate Release

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Global Handwashing Day on October 15th

Southwest Nebraska Public Health Department (SWNPHD) is encouraging everyone to participate in Global Handwashing Day on October 15th. We hope that you take a moment to ask your child to show you how they wash their hands, review your own handwashing method, put a handwashing poster in your bathroom or schedule a handwashing demonstration for your organization.

“We want the residents of southwest Nebraska to make an extra effort to ensure that everyone in their family knows how to correctly wash and dry their hands,” explains Melissa Propp, RN, at SWNPHD. “With the start of flu season, it is highly important to follow the Center for Disease Control’s (CDC) handwashing recommendations to help you stay healthy.”

You should wash your hands:

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

Just a reminder to everyone on the correct way of washing hands:

1. Wet hands with warm water and use soap.
2. Rub your hands together, making sure to scrub all areas.
3. Rub for a minimum of 20 seconds or sing Happy Birthday twice.
4. Rinse thoroughly, then dry hands on a clean towel.
5. Turn faucet off with the towel, not hands, to prevent recontamination.

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy according to CDC.

Contact Melissa at nurse@swhealth.ne.gov or call 308-345-4223 to schedule your handwashing demonstration or to receive a handwashing poster.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties. More information can be found on our website at www.swhealth.ne.gov . SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby's. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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