Southwest Nebraska
Public Health Department

NEWS RELEASE

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For Immediate Release
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Celebrating National Handwashing Awareness Week

McCook – Southwest Nebraska Public Health Department (SWNPHD) celebrates National Handwashing Awareness Week from December 7th through 13th with simple messages and simple actions.

The most important thing you can do to keep from getting sick is to wash your hands according to the Centers for Disease Control. "Following simple steps can help you avoid common and serious diseases," explains Melissa Propp, RN, SWNPHD Public Health Nurse. "By frequently washing your hands, you wash away germs that you have picked up from other people, contaminated surfaces, or from animals and animal waste. Practicing the four principles of Hand Awareness behaviors developed by Dr. Will Sawyer will help you stay healthy this winter."

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth. (T-ZONE)

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" two times.
4. Rinse thoroughly, then dry hands on a clean towel.
5. Turn faucet off with a clean towel, not hands, to prevent recontamination.

This simple action of washing your hands can make a difference in your home and community. Several diseases are transferred through poor handwashing and then touching our eyes, nose or mouth.

To arrange handwashing demonstrations for schools or groups, please contact Melissa Propp, RN at email: nurse@swhealth.ne.gov or call 308-345-4223. 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. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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