



## MAKE HANDWASHING A HEALTHY HABIT

### National Handwashing Awareness Week

November 27, 2019– If there was a way to help prevent illness wouldn't you want to know? There is!

As part of National Handwashing Awareness Week, District Health Department #10 (DHD#10) is reminding people that something as simple as washing your hands is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, easy, and can protect from sickness.

DHD#10 suggests washing your hands often during these key times to stay healthy:

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

And following these five easy handwashing steps:

1. **WET** your hands with clean, warm running water, and apply liquid soap or use clean bar soap.
2. **LATHER** your hands by rubbing them together. Be sure to get the backs of your hands, wrists, between your fingers, and under your fingernails.
3. **SCRUB** your hands for at least 20 seconds. Historically, people only wash their hands for six seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. **RINSE** your hands well under clean, warm running water until all the soap and suds are gone.
5. **DRY** your hands using a clean towel or air dry them. Use a towel to then turn off the faucet.

#### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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