



“OUR FUTURE IS AT HAND” GLOBAL HANDWASHING DAY 2021

October 13, 2021 – If you give a hand soapy water, it’s clean for a day. Teach that hand to wash itself, it’s clean for a lifetime. On October 15, join District Health Department #10 (DHD#10) in celebrating Global Handwashing Day, a day highlighting the importance of regularly washing your hands with soap and water.

Regularly washing your hands with soap and water is one of the most effective ways to remove bacteria and germs, avoid getting sick, and prevent the spread of germs, including COVID-19, to others.

To correctly wash your hands, follow these five steps every time:

1. Wet your hands with clean, running water, turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Unsure of when you should wash your hands? The key is to do it before and after times you are likely to get and spread germs, such as:

- Before and after eating
- Before, during, and after preparing food
- After using the restroom
- After handling money
- After touching garbage
- After coughing, sneezing, or blowing your nose.
- After touching animals, animal feed, or animal waste
- Before and after contact with someone who is sick
- Before and after treating a cut or wound

Our future is at hand, and today, we can all take back our hands from bacteria and germs.

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 America, 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.



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