



Healthy Habits

Help Prevent Flu and Colds with
Proper Hygiene and Etiquette

Hand Hygiene



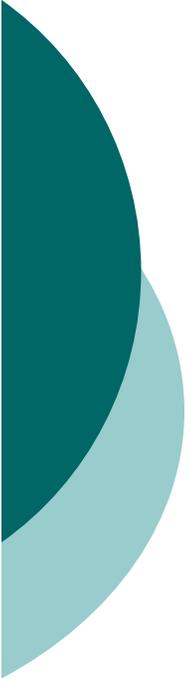
The following germs can live on your hands

- **Bacteroides**—can cause ear infections
- **E-coli**—can cause bacterial infection
- **Staphylococcus**—can cause pimples and boils
- **Streptococci**—can cause sore throats
- **Streptococcus Pneumoniae**—can cause pneumonia
- **Shigella**—can cause diarrhea
- **Pseudomonas**—can cause infections in wounds
- **Haemophilus**—can cause pink eye
- **Hepatitis A**—can cause jaundice and diarrhea



Hand Hygiene

- Wash your hands
 - when they are dirty
 - after using the restroom
 - before eating—especially **before lunch**
- Do not put your fingers
 - in eyes
 - in nose
 - in mouth



Hand Hygiene

Washing your hands

- Wet hands and apply liquid soap
- Rub hands together vigorously to make a lather and scrub all surfaces
- Continue for 20 seconds (To time yourself, sing “Happy Birthday” twice)
- After drying your hands, use the paper towel to turn off the faucet.



Hand Hygiene

- If there is no sink available, use the hand sanitizer station in the classroom.
- You should also use the sanitizer station after
 - Sneezing
 - Coughing
 - Blowing your nose
 - Coming in contact with germs

Sneezing

During a sneeze, millions of tiny droplets of water and mucus are expelled at about 200 mph.





Sneezing and Coughing Etiquette

- Turn away from others when sneezing or coughing.
- If no tissue is available, sneeze or cough **into your elbow or shoulder.**
- **DO NOT** sneeze or cough into your hands.
- Wash your hands or use the hand sanitizer as soon as possible after sneezing or coughing.



Sources

Information for this presentation was gathered from the following sites:

- www.cdc.gov
- www.henrythehand.com