



Health & Fitness Weekly Wellness Message

Can you believe one of the easiest and most inexpensive preventative medicine strategies is literally available at your fingertips – hand washing! According to the US Centers for Disease Control (CDC), "Handwashing is the single most important means of preventing the spread of infection." Hand-transmission is a critical factor in the spread of bacteria and viruses causing disease such as colds, flu and food borne illness. This week is National Handwashing Awareness Week and we want to encourage you to take a moment and think about it. Do you know the proper way to wash your hands or how about when you should wash your hands? Did you know that hand sanitizers are not effective when hands are visibly dirty? The following tips from the CDC will teach you the "how and when" of handwashing so you can help prevent the spread of germs:

When should you wash your hands?

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

What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap (liquid or bar).
- Rub hands together to make a lather and scrub well; be sure to scrub the backs of your hands and under your nails.
- Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under running water.
- Dry your hands using a clean towel or air dry.

Washing hands with soap and water is the best way to reduce the number of germs, but if they are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. When using a hand sanitizer make sure that you rub the product over all surfaces of hands and fingers until hands are dry.

For more information on handwashing, please visit CDC's [Handwashing: Clean Hands Save Lives Website](http://www.cdc.gov/handwashing/) at www.cdc.gov/handwashing/. You can also call 1-800-CDC-INFO, or email cdcinfo@cdc.gov for answers to specific questions.

Upcoming noteworthy events: Executive Health Assessments/treadmill testing

Testing will take place Dec 7th and Dec 8th
Stop by Health Fitness (Building 59, room 118) if
You would like to make an appointment to have an
assessment done.

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