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](http://www.cdc.gov)
- [www.henrythehand.com](http://www.henrythehand.com)