



Give Hygiene a Hand

Did you know that one in three people does not wash his or her hands after using the restroom? Hand washing is the first line of defense against germs and illness.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

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myBlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*



Handwashing is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Germs can be transmitted through:

- Dirty hands;
- Contaminated food and water;
- Moisture released during a sneeze or cough; and
- Contaminated surfaces.

Coming into contact with germs then touching the eyes, nose or mouth can cause serious infections.



Frequently wash your hands, especially:

- Before eating;
- Before, during and after handling or preparing food;
- After using the bathroom or changing a diaper;
- After cleaning around the house;
- After touching animals, even house pets;
- After visiting sick friends or family;
- After blowing your nose, coughing or sneezing; and
- Whenever they look or feel dirty.

The few seconds you spend at the sink could save you a few trips to the doctor's office. But when you do find yourself there, make certain any doctor, nurse or technician who renders an exam or treatment first washes his or her hands adequately.



Hand Washing How-To:

- Wash hands in warm water.
- Use soap and lather up for at least twenty seconds.
- Wash between fingers and under nails.
- Rinse thoroughly.
- Dry with a clean towel.