



# North Central District Health Department

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## **NCDHD Raises Awareness About Hand Washing** *Practice Good Hand Washing to Prevent the Flu*

The North Central District Health Department (NCDHD) wants to raise awareness about hand washing and wants to remind residents the best way to stay healthy is to practice good hygiene. One of the basic elements of good health is knowing when and how to wash hands. Washing hands involves five steps: wet, lather, scrub, rinse and dry. By using these steps you can reduce the spread of diarrheal and respiratory illness so you can stay healthy this flu season.

“Washing hands properly is easy to learn and can significantly reduce the spread of infectious disease among both children and adults,” said Patrice Sulik, NCDHD Director of Health. “Washing your hands with soap and warm water for at least 20 seconds (the time it takes to sing the Happy Birthday song twice) is the most effective way to reduce the spread of germs.”

NCDHD offers tips on how to properly wash hands:

- Wash hands using warm running water. Use lots of soap.
- Wash hands and wrists for at least 20 seconds (sing the Happy Birthday song twice), washing the front and back of the hands, between the fingers, and under the nails.
- Rinse hands well under warm running water and dry them completely with a clean towel.

- Turn the water off using the towel so as not to touch the facet with clean hands and then throw the towel away.

NCDHD Board Member, Len Norton of East Windsor, said “Rubbing your hands vigorously with soap and warm water allows you to pull dirt, bacteria, “germs” and viruses away from your skin.”

Children should be encouraged to wash hands before eating and after:

- Using the bathroom
- Playing with a pet
- Sneezing or coughing
- Playing outdoors
- Taking out the garbage
- Sharing toys with other children

According to the Centers for Disease Control and Prevention (CDC) regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick.

For more information on hand washing visit [www.cdc.gov](http://www.cdc.gov).

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### **About NCDHD**

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-

time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease, injury, and disability by promoting and protecting the health and well-being of the public and our environment.

For more information about NCDHD visit [www.ncdhd.org](http://www.ncdhd.org).