

“Golden Rule” of Infection Control: Wash Your Hands.

The “How to...” of Handwashing.

It’s one of those things we all *think* we know.

Here is a refresher course on the number one weapon in the infection control arsenal:

1. Wet hands under running water.
2. Apply soap.
3. Lather for at least 15 seconds. Pay special attention to the areas between the fingers, under nails, and around rings.
4. Rinse with running water. Use a paper towel to turn off the faucet. (Those were dirty hands you used to turn on the faucet.)
5. Dry hands with a clean paper towel.

“Ten Commandments” of Infection Control,

1. Vaccinate all children, adults and pets against infectious disease.
2. Wash hands often, especially in cold and flu season.
3. Prepare food carefully and cook it thoroughly.
4. Use antibiotics exactly as your doctor directs.
5. Report an infection that does not heal to your doctor.
6. Avoid areas with lots of insects. Use insect repellent.
7. Be cautious around unfamiliar animals.
8. Avoid unprotected sex or intravenous drug use.
9. Ask about disease threats when you travel out of country.
10. Allow yourself time to recover when you are sick.