

Handwashing

Handwashing is good practice anytime. The CDC recognizes that thorough hand washing during this time of COVID-19 takes on additional importance. When germs get onto hands and are not washed off, they can be passed from one person to another leading to illness. Washing hands prevents illness and the general spread of germs. Germs can unknowingly be transferred to us if our hands are not clean. People frequently touch their eyes, nose, or mouth without even being aware. This is an easy avenue for germs to enter our bodies. Unwashed hands that handle food can also be an avenue that germs are shared.

The simple task of washing our hands is one of the most important steps we can do to help prevent the spread of the Corona virus and many other agents that can make us sick. There is a proper way to wash your hands. Wet your hands with clean running water that is either warm or cold and then apply soap and wash your hands.

Soap is an effective agent in the process of removing germs. Studies have shown that the surfactant in soap helps to lift germs off skin surfaces, allowing them to be rinsed off hands and sent down the drain. People who use soap also tend to wash their hands longer. Lathering and scrubbing creates friction which also aids in lifting germs from the skin. Washing your hands for 20 seconds, which is easily timed if you hum the 'Happy Birthday' song twice, is sufficient time to wash your hands. Remember to dry your hands with a clean towel.

Additional handwashing information can be found at:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Hand Sanitizer

St. Francis has invested in additional hand sanitizing stations that have been placed throughout the school. Washing your hands with soap and water, rinsing, and drying hands thoroughly remains the most effective way to remove germs from the skin. Sometimes handwashing is either not readily available or is inconvenient. A reasonable substitute is the use of hand sanitizer. Alcohol is the agent in hand sanitizer that reduces the number of germs in many situations. The CDC recommends that a minimum of a 60% alcohol-based hand sanitizer be used to reduce germs. If you choose to use hand sanitizer, wash your hands as soon as possible to facilitate the removal of germs.

Additional information regarding the use of hand sanitizer can be found at:

<https://www.cdc.gov/handwashing/hand-sanitizer-use.html>