

# HEALTHIER WY - YEAR 2

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**Scrubadub**  
CLEAN HANDS SAVE LIVES!  
**health matters**  
EDUCATE ENGAGE EMPOWER      CREATING A CULTURE OF WELLNESS



## When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.



**If soap and water are not available, use your bottle of hand sanitizer.**

## When using hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands until hands dry.

**December 1, 2009**

**Wash Your Hands:** Being sick costs money and time. Each year Americans are sick more than 4 billion days. Almost 950 billion dollars is spent on direct medical costs. Over 160,000 die due to infectious diseases as the underlying cause of death.

The most important thing that you can do to keep from getting sick is to wash your hands. - CDC.gov

**Good-For-You Snack:** Toast one-half of a whole-wheat English muffin. Top with one slice Canadian bacon, a tomato slice, and one slice low-fat American cheese. Microwave until the cheese melts.

**December 2, 2009**

**Wash Your Hands:** There are many diseases that can't be cured, and in some cases we don't even know what causes them. But most health professionals agree you can substantially reduce your risk of illness by the simple act of washing your hands often. Dirty hands can be cured. That sounds simple, but most people aren't very consistent at washing as much as they should.

**Good-For-You Snack:** Mash half a banana into 2 teaspoons peanut butter and spread onto a whole-grain bagel. Large bagels contain up to 400 calories, so choose a smaller 2-ounce bagel.

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**December 3, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - Only about two thirds of American adults wash hands after using the restroom - women significantly more often than men. Failure to wash hands properly after restroom use may introduce a variety of serious infectious diseases.

**Good-For-You Snack:** Mix 1/4 cup cold leftover chicken or convenience-type chunk chicken with sliced seedless grapes, 1/2 tablespoon sunflower seeds, 1 tablespoon plain yogurt or fat-free mayonnaise, and a dash of curry powder. Stuff into a hollowed-out green pepper or half of a whole-wheat pita pocket.

**December 4, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - Fewer than half of us wash after handling our pets or cleaning up after them.

**Good-For-You Snack:** Layer a soft mini corn or whole wheat flour tortilla with 2 tablespoons shredded low-fat cheddar or Monterey Jack cheese. Microwave until the cheese melts. Slice into bite-size pie shapes. Dip into some salsa if desired.

**December 7, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - One of four adults does not wash after changing a diaper - creating a high risk of giving the care giver and other children infectious diarrhea and other diseases.

**Good-For-You Snack:** For a quick dessert, top whole-wheat flour tortillas with sliced peaches and a sprinkle of cinnamon and sugar. Bake until heated through.

**December 8, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - Just one in three wash after sneezing or coughing.

**Good-For-You Snack:** Spread 1 ounce ricotta cheese over a brown rice cake. Layer with fresh strawberries or a tablespoon of sugar-free spreadable fruit. Or try using a spread of herbed goat cheese and sliced olives.

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**December 9, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - Not even one in five wash after handling money, a major carrier of disease germs.

**Good-For-You Snack:** Spread 1 tablespoon part-skim ricotta cheese over one-half of a small cinnamon-raisin bagel. Sprinkle with cinnamon if desired and top with apple slices.

**December 10, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - In one study, children who washed their hands four times a day missed 51 percent fewer school days due to upset stomach and 24 percent fewer days due to respiratory illness than those who washed less.

**Good-For-You Snack:** Spread 1 tablespoon fruit-flavored low-fat yogurt or 100 percent fruit jam over a slice of whole-grain crispbread.

**December 11, 2009**

**Wash Your Hands:** According to studies done by the Centers for Disease Control and Prevention (CDC) - One in three E.coli outbreaks is caused by poor personal hygiene (hand washing) by food handlers.

**Good-For-You Snack:** Try cauliflower steamed in the microwave for two minutes with a tablespoon of water. Microwave 30 seconds more with reduced fat cheese, and you've got a hot, healthy bite to eat!

**December 14, 2009**

**Wash Your Hands:** How do dirty hands help disease-causing germs get into your body? One of the most common ways to catch a cold is by rubbing your nose or eyes after your hands have been contaminated by cold germs, such as by coughing or sneezing. Touching another person or even a surface they later touch - including food - can spread your cold.

**Good-For-You Snack:** Spread a slice of whole wheat toast with peanut butter and top with raisins/bananas for a snack loaded with protein and fiber.

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**December 15, 2009**

**Wash Your Hands:** How do dirty hands help disease-causing germs get into your body? Germs can be transmitted from unclean hands to food, usually when the food handler does not wash after using the restroom, whether it is at home or on the job. The germs are then passed on to those who eat the food.

**Good-For-You Snack:** Quarter a head of cabbage and dip the wedges into your favorite low-fat dressing.

**December 16, 2009**

**Wash Your Hands:** How do dirty hands help disease-causing germs get into your body? Germs can be transmitted from raw, uncooked foods, such as chicken or hamburger, to the hands, then from the hands to other foods, such as salad. Even if the original germs are killed by cooking, the salad and other foods touched will stay contaminated and can infect those who eat them.

**Good-For-You Snack:** Spread a clean celery stalk with peanut butter for a crunchy snack that curbs hunger. Add raisins on top for extra flavor and fun.

**December 17, 2009**

**Wash Your Hands: How do dirty hands help disease-causing germs get into your body? Never put cooked meat back in the unwashed container it was stored in. That can re-contaminate the cooked meat. Have a separate cutting board for meat and plant foods.**

**Good-For-You Snack: Mash an avocado with a fork and spread it on a sandwich instead of mayonnaise.**

**December 18, 2009**

**Wash Your Hands: Remember Ignaz Semmelweis? Of course you don't. But you're in his debt nonetheless. Ignaz Semmelweis, an Austrian-Hungarian physician, first demonstrated over 150 years ago that hand hygiene can prevent the spread of disease. Hand hygiene as a practice includes performing handwashing, or using antiseptic handwash, alcohol-based hand rub, or surgical hand hygiene/antiseptics.**

**Dr. Semmelweis worked in a hospital in Vienna whose maternity patients were dying at such an alarming rate that they begged to be sent home. Most of those dying had been treated by student physicians who worked on cadavers during an anatomy class before beginning their rounds in the maternity ward.**

**Because the students did not wash their hands effectively between touching the dead and the living—handwashing was an unrecognized hygienic practice at the time—pathogenic bacteria from the cadavers regularly were transmitted to the mothers via the students' hands.**

**The result was a death rate five times higher for mothers who delivered in one clinic of the hospital than for mothers who delivered at another clinic not attended by the student physicians.**

**In an experiment considered quaint at best by his colleagues, Dr. Semmelweis insisted that his students wash their hands before treating the mothers—and deaths on the maternity ward fell fivefold.**

**Unquestioned today as the most important tool in the healthcare worker's arsenal for preventing infection, handwashing was not readily accepted in Dr. Semmelweis's era. Indeed, his pleas to make handwashing a routine practice throughout the hospital were largely met with derision. Another 50 years would pass before the importance of handwashing as a preventive measure would be widely accepted by the medical profession. Sanitation is now a standard and thousands of lives have been saved because of Dr. Semmelweis's discovery.**

**Good-For-You Snack: Cut pineapple into chunks or strips. Freeze for a cool, refreshing snack.**

**December 21, 2009**

**Wash Your Hands: In families and childcare centers, germs are often transferred from someone changing the diaper of a child with diarrhea to another child or themselves. Children are particularly vulnerable to germs and should wash or have your help in washing their hands often.**

**Good-For-You Snack: Add spinach leaves to your favorite deli sandwich for a boost of nutrients.**

**December 22, 2009**

**Wash Your Hands: The Centers for Disease Control estimates that 5,000 people die each year from food borne illness. 78 million become ill and between 79,000 and 96,000 die from hospital infections each year. A direct link to many of these deaths is poor handwashing.**

**Good-For-You Snack: Skewer grape tomatoes, chunks of cheese and green pepper for a colorful and tasty snack.**

**December 23, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? After petting a dog or cat: 42% always, 16% usually.**

**Good-For-You Snack: Spread low-fat cream cheese on your favorite whole wheat crackers and top with pieces of asparagus.**

**December 24, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? Before handling or eating food: 77% always, 14% usually.**

**Good-For-You Snack: For a little zip, add slices of rhubarb to your favorite low-fat berry yogurt.**

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**December 28, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? After coughing or sneezing: 32% always, 23% usually.**

**Good-For-You Snack: Be patriotic and make fruit kabobs using strawberries, apples and blueberries.**

**December 29, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? After using a public restroom: 91% always, 6% usually.**

**Good-For-You Snack: Green beans taste great fresh off the vine! Keep a container of washed, ready-to-eat beans in your refrigerator for a quick, crunchy snack.**

**December 30, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? After handling money: 21% always, 18% usually.**

**Good-For-You Snack: Fresh and dried apricots make a perfect take-anywhere snack. Take a sandwich bag full of apricots as you head out the door.**

**December 31, 2009**

**Wash Your Hands: American Society For Microbiology - How frequently are Americans washing their hands? After using the bathroom at home: 83% always, 10% usually.**

**Good-For-You Snack: As an alternative to high-fat dressing, squeeze lemon and lime juice on your salad for a tangy twist!**