

Handwashing Awareness Week

From the desk of Volunteer, Michelle Kelly RDN, LD

Wash your Hands

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

What is proper handwashing technique?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the back of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

What to do if soap and running water are unavailable?

Soap and water is generally the best way to reduce the number of germs but when they are NOT available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based sanitizers do **NOT** eliminate all types of germs but can quickly reduce the number of germs on hands in some situations.

Hand sanitizers tend to be NOT as effective when hands are visibly dirty or greasy.

How to use hand sanitizers?

- Read the label to learn the correct amount
- Apply the product to the palm of one hand
- Rub hands together
- Rub product over all surfaces of your hands and fingers until your hands are dry

National Handwashing Awareness Week is the first full week of December each year.

Resources: Center for Disease Control & Prevention @ <http://www.cdc.gov/features/handwashing/>

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Thank you!

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.