



Health Education and Wellness Rotarian Action Group (HEWRAG)

Rotarians Working Together To Improve World Health

Special Hand Washing Edition – March 2020

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Newsletter Editors and HEWRAG Co-Chairs: Jane Little and Sheila Hurst

Dear Members, Friends, and Supporters,

HEWRAG is dedicated to promoting good health and wellness by encouraging healthy lifestyle choices and disease prevention through education, awareness, and volunteerism. We're sending this Special Hand Washing Edition of the HEWRAG Newsletter with our best wishes, and we hope that each of you, your family, friends, and loved ones are well and will stay healthy.

Most experts agree that hand washing is the most effective tool against many diseases including Coronavirus (COVID-19). Proper hand hygiene is the most important thing you can do to prevent the spread of germs and to protect yourself and others from illness. The Centers for Disease Control and Prevention (CDC) advises that the best prevention against COVID-19 is washing your hands thoroughly with soap and water for at least 20 seconds. Soap destroys the outer membrane of the virus so that it disintegrates.

HEWRAG has given many seminars and demonstrations about hand washing during health fairs and medical/dental missions in Myanmar, China, the United States, and other countries. In that context, this Special Edition focuses on hand washing to provide practical information that you can use to help keep you healthy and to curb the spread of this virus.

Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases, and Dr. Deborah Birx, White House Coordinator of the Coronavirus Response Team, have stressed the importance of washing hands frequently. Dr. Fauci has said, "Wash your hands often. Use soap, and rub it around for 15 to 20 seconds to kill germs. You don't want to miss a spot. Make sure to dry thoroughly. If you can't get to a restroom, use hand sanitizer, again for 15 to 20 seconds. If you can't wash your hands, don't touch your face, eyes, or nose..."

(continued on the next page)

March 2020

We hope that you find the following information timely and helpful. We encourage you to share this Special Edition with others and to follow the advice of your health authorities for preventative measures.

In summary,

- **Wash your hands often** with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

For more information about hand washing, please visit the websites of the Centers for Disease Control and Prevention <https://www.cdc.gov> and the World Health Organization <https://www.who.int> and the specific pages shown below.

With best wishes,

Jane Little and Sheila Hurst
Co-Chairs, Health Education and Wellness Rotarian Action Group

Hand Washing Resources

Stop Germs! Wash Your Hands

Centers for Disease Control and Prevention
<https://www.cdc.gov/handwashing/>

Clean Hands Protect Against Infection

World Health Organization
https://www.who.int/gpsc/clean_hands_protection/en/

Hand Washing Songs

To opt out of receiving this newsletter, please send an email with your contact information to hewrag@gmail.com with “Unsubscribe” in the subject line.

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Rotary

Health Education and Wellness
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Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- 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 handling pet food or pet treats
- After touching garbage



How?



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 backs 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 hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

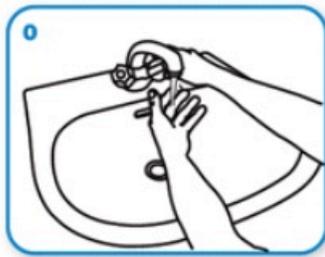


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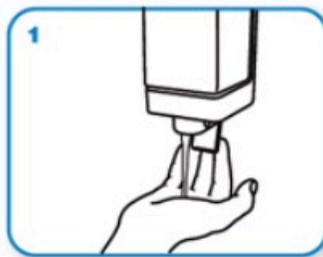


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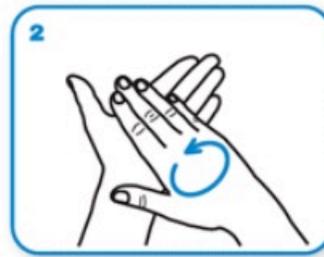
Clean hands protect against infection –World Health Organization



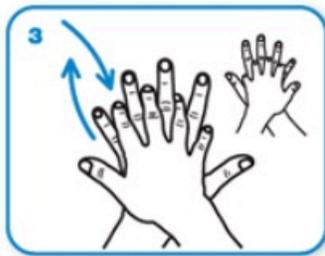
Wet hands with water



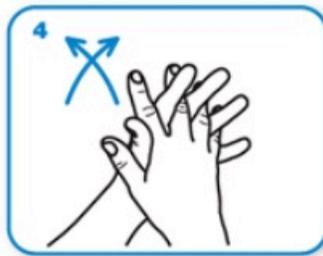
apply enough soap to cover all hand surfaces.



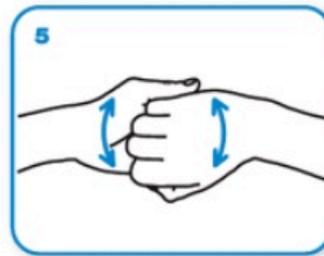
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



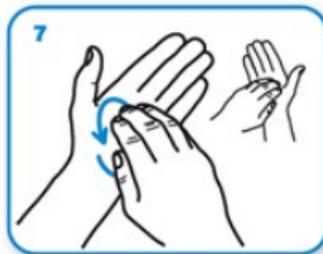
palm to palm with fingers interlaced



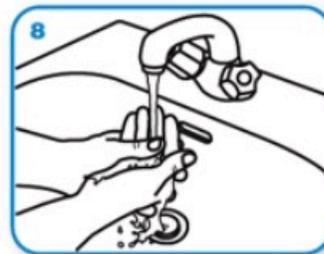
backs of fingers to opposing palms with fingers interlocked



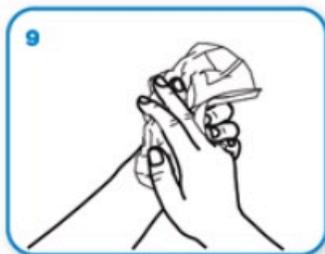
rotational rubbing of left thumb clasped in right palm and vice versa



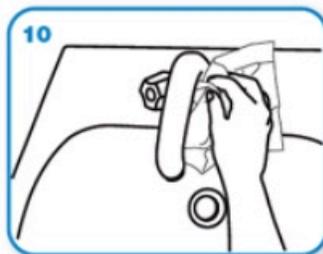
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



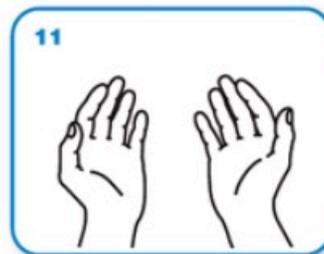
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Songs for Hand Washing

You might need to sing a song twice to ensure that you wash your hands for at least 20 seconds. Make certain to wash your entire hands including both thumbs and all fingertips.

Tops and Bottoms (Tune: Frere Jacques)

Tops and Bottoms, Tops and Bottoms, (*Rub top and bottom of hands*)
In between, In between, (*Rub fingers inside on both hands*)
All around our hands, All around our hands, (*Just as it says*)
Then we wash. Bam, Bam, Bam.

Wash, Wash, Wash Your Hands (Tune: Row, Row, Row Your Boat)

Wash, wash, wash your hands
Wash them nice and clean.
Scrub them here (*with hand motion scrubbing together*)
Scrub them there (*with hand motion scrubbing tops of hands*)
And scrub them in between (*with hand motion scrubbing between fingers*).

Wash, wash, wash, your hands
Play our handy game
Rub and scrub, scrub and rub
Germs go down the drain HEY!
(*Repeat chorus*)

This is the Way We Wash Our Hands (Tune: Mulberry Bush)

This is the way we wash our hands
Wash our hands, Wash our hands
This is the way we wash our hands
Before we eat our food.
(*Continue with these variations: After we play outside. After we play with pets. After we use the potty. After we sneeze or cough.*)

If You're Happy and You Know It, Wash Your Hands!

If you're happy and you know it,
Wash your hands!
If you're happy and you know it,
Wash your hands!
If you're happy and you know it,
Then your face will surely show it,
If you're happy and you know it,
Wash your hands!

Hand Washing Time (Tune: London Bridge)

Here we go to wash our hand,
Wash our hands, wash our hands.
Here we go to wash our hands
Before we eat our snack. (*After we use the toilet or other activities, etc.*)