



# HEALTH AWARENESS

## Flu Prevention Experts Call For Clean Hands

(NAPSA)—There's good news for those concerned about the spread of the flu virus and similar diseases, such as H1N1. The first line of defense can be as simple as washing your hands. The Centers for Disease Control and Prevention (CDC) reports hand washing is one of the single most preventive measures available against the spread of disease.

### Helpful Tips

Here are some tips to ensure proper hand washing and help you stay healthy when away from home.

1. Wet your hands with clean, running warm water.
2. Add some soap and rub hands together so the soap lathers up. Make sure to rub the soap between your fingers and under your fingernails.
3. Continue rubbing your hands for 20 seconds. Sing "Happy Birthday" twice to time yourself.
4. Rinse your hands well under running water.
5. Dry your hands using a paper towel. Remember to dry between your fingers.
6. Turn off the faucet with the paper towel and then throw it out in the wastebasket.

### Improving Hygiene Away From Home

For decades, Georgia-Pacific Professional has been dedicated to creating the most hygienic wash-room experience when you are away from home. The popular enMotion® family of touchless dispensers and paper towel products creates a hygienic restroom visit, offering fewer products that



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require physical contact. In fact, the new enMotion® Automated Touchless Soap Dispenser helps create the ultimate hygienic environment when paired with the paper towel dispenser, creating a nearly completely touchless hand washing environment.

The provider also supplies facilities with solutions that make dining while away from home a more hygienic experience. The Dixie® SmartStock® Cutlery Dispenser allows for one-at-a-time dispensing of plastic cutlery from an enclosed system. This means you get a knife, fork or spoon that has fewer bacteria because it has remained untouched by other guests and their germs. To learn more about promoting good hygiene, you can visit the Web site at [www.gppro.com/healthy](http://www.gppro.com/healthy).