

Health Bulletin



Stay Healthy This Winter Doctors Say Hand Hygiene Is Key

(NAPSA)—The last thing you want to worry about during the winter is getting sick. One of the most important ways to stay healthy is through proper hand hygiene.

Health experts estimate that 80 percent of infectious diseases are spread by hand contact, not through the air by coughs and sneezes as commonly believed. Therefore they urge everyone to do what it takes to keep their hands clean.

“Many people are surprisingly careless about hand hygiene,” said Donald Goldmann, MD, Professor of Pediatrics, Harvard Medical School. “There is a simple solution—wash your hands with soap and water or use an alcohol-based hand sanitizer. Hand sanitizers kill germs quickly and reliably when you can’t get to a sink.”

It’s especially important to clean the germs from your hands when you’re sick with a cough or cold, after changing a diaper, and after handling raw food, especially meat and poultry. Some other “germy” places are where young children gather and infections spread easily, including schools and day care centers.

The Centers for Disease Control and Prevention says that hand hygiene is the single most important way to prevent the spread of infection. However, one major problem is that it’s not always convenient to run to a sink and scrub your hands. In fact, one recent study indicates that almost 40 percent of the time when consumers should clean their hands throughout the day, soap and water are not



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available. But today, consumers have options for keeping their hands clean.

Alcohol-based instant hand sanitizers, like PURELL®, can be carried with you and kill 99.99 percent of germs, that may make you sick, in as little as 15 seconds, *without water*. Health care and foodservice industries have used PURELL for over 15 years.

Children are particularly prone to common infections. A recent study in the *American Journal of Infection Control* found that children using an alcohol-based instant hand sanitizer in the classroom missed an average of 20 percent fewer school days due to illness as compared with classrooms that did not use a hand sanitizer.

For information on PURELL, visit the PURELL Web site at <http://www.PURELL.com>.