

Clean your Hands

It is as easy as 1, 2, 3...

Proper hand washing may eliminate nearly half or all cases of foodborne illness and significantly reduce the spread of the common cold and flu. Use an alcohol-based handrub when your hands are not visibly soiled. Wash your hands with soap and water when your hands are visibly soiled.

Why clean your hands?

- From the Mayo Clinic: *“Infectious diseases commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea.”*

How effective are alcohol-based sanitizers?

- Experts report that antibiotic soap is *“no more effective at killing germs than are regular soap and water”* and further advise that alcohol-based products *“are more effective than soap and water in killing bacteria and viruses that cause disease.”*

Can using sanitizers compromise my immune system?

- Hand sanitization with an alcohol-based rub kills microorganisms indiscriminately, but the effect on the normal hand flora is transient and insignificant.

Can alcohol-based products lead to antimicrobial resistance?

- A recent review article explored whether alcohol-based sanitizers can elicit the kind of resistance seen to develop against antibiotics; this study found no documented resistance associated with alcohol-based hand sanitizers, and the authors report that the potential for such resistance remains widely doubted.



When you clean hands with an alcohol-based handrub use enough to cover all surfaces of hands.

1
2
3

Put handrub on the palm of one hand.

Rub hands, covering all surfaces of hands and fingers with handrub.

Rub until dry.

Adapted from:



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For more details about the research above, go to www.wesleyan.edu/healthservices and click on *Infection Control @ Wes*

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