

A close-up photograph of hands being washed with soap and water. The hands are cupped together under a stream of water, with white foam visible on the fingers and palms. The background is a light blue sink.

HAND HYGIENE TIPS

Dr. Larry Weiss on good hygiene

Believe it or not, it's normal to get sick sometimes.

It's impossible to go through life without catching a cold or getting sick. In the name of balance, we don't aspire or claim to eradicate all germs and all illness. We strive instead to reduce the incidence of illness and improve our quality of life. Simply washing our hands five times a day can cut the rate of infectious disease in half*. **Better hygiene means better quality of life.**

Tips for you and your family

- 1. Practice good personal hygiene:** Washing your hands may not protect you 100% of the time, but it definitely cuts down on your risk of infection. Wash your hands frequently with soap (avoiding soaps that contain Triclosan or Triclocarban) and water for at least 20 seconds each time.
- 2. Mommies should model behavior for children:** Washing as a family before a meal can be a great family ritual, especially when you use a fun foaming soap.
- 3. Make it easy at school:** If your child's classroom doesn't have a sink or the teachers don't have time for the class to stop and wash hands in the bathroom before lunch, be sure to include an all-natural antibacterial wipe or hand sanitizer spray in the lunchbox or back pack.
- 4. Assess your risk:** The germs that cause cold and flu are carried in airborne droplets (like in a sneeze) while other infections can be spread through skin-to-skin contact. Look at your lifestyle and identify the areas where you have the highest risk of infection (ex: the gym or a classroom). Be especially vigilant about hand hygiene in these situations as well as if you or anyone in your household has a medical condition that reduces your ability to fight infection such as HIV, AIDS, or cancer.