

Sending germs down the drain

October 2004 — With cold and flu season fast approaching, the Canadian Consumer Specialty Products Association (CCSPA) says Canadians can follow some simple steps to keep illness-causing germs at bay.

4 STEPS TO CLEAN HANDS

1. Wet hands with running water and apply liquid, bar or powder soap. The soap suspends the dirt and soil that trap germs;
2. Rub hands together vigorously for 15 to 20 seconds, making sure to scrub all surfaces (hands, wrists, fingernails and between fingers). This rubbing motion helps pull the dirt, grease and oily soils away from the skin;
3. Rinse hands well under running water. The water washes away the germs suspended in the soap;
4. Dry hands using a clean towel, paper towel or air dryer.

According to CCSPA, an effective way to help prevent the spread of germs is frequent and proper handwashing. CCSPA says hands are the most common spreaders of germs, and they are often warm and moist, providing the perfect living environment for germs.

CCSPA recommends that you wash your hands frequently throughout the day, especially before and after preparing meals or dining out and after using the bathroom.

For more information on healthy hand hygiene, please consult our consumer information website at www.healthycleaning101.org.