

HAND WASHING

Did you know that microbes can live on inert surfaces anywhere from a few minutes to several months?

Imagine these disease-causing microbes living on your computer keyboard, your light-switch, or even on the pedestrian-crossing button next to the crosswalk!

Surprisingly, most people don't know the best way to effectively wash their hands.

The Centre for Disease Control (CDC) recommends washing thoroughly and vigorously with soap and water for at least 20 seconds, followed by hand-drying with a paper towel.

In the absence of running water, an alcohol-based hand gel or wipe will suffice, although nothing beats good old soap and water. This takes about as long as it does to sing "Happy Birthday", so some hospitals recommend washing your hands for the duration of this simple tune!