



Bakersfield Composite Squadron #121

60-Second Safety Advisor #13

Avoiding Cold and Flu Viruses

The most important thing that you can do to keep from getting sick is to wash your hands frequently. When you wash your hands properly, you wash away germs that you have picked up from other people or from contaminated surfaces. If you don't wash these germs down the drain you will infect yourself when you touch your eyes, your nose, or your mouth. One of the most common ways people catch colds or flu viruses is by rubbing their nose or their eyes after their hands have been contaminated. You can also spread germs directly to others or onto surfaces that other people will touch. And before you know it, everybody around you is getting sick.

It is especially important to wash your hands before, during, and after you prepare food, before you eat, and after you use the bathroom. You should also wash your hands more frequently when you are around others that are sick or if you routinely shake hands with people. The proper way to wash your hands is to first wet your hands and apply liquid or clean bar soap, next rub your hands vigorously together and scrub all surfaces for 10 - 15 seconds or about the length of a little tune. It is the soap combined with the scrubbing action that helps dislodge and remove germs. Then rinse well and dry your hands. It is estimated that one out of three people do not wash their hands after using the restroom. So these tips are also important when you are out in public.

