

# Township of Manalapan

## BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: [www.mtnj.org](http://www.mtnj.org)



## **December 6-12 is *NATIONAL HANDWASHING AWARENESS WEEK***

Washing your hands is an easy way to prevent a cold or flu! Frequently washing your hands is one of the best ways to keep from spreading germs and prevent getting sick during the season. When washing, it is important to wash all areas of your hands, including the backs of your hands and in between your fingers.

All of the surfaces you touch throughout the day accumulate on your hands. Subsequently, when you touch your nose, eyes, face, and mouth, you end up infecting your body with these germs!

Your hands should be washed after using the bathroom, after blowing your nose or coughing, before eating or preparing food, after touching pets or animals, after outdoor activities, before and after visiting someone who is sick, and at any time you feel your hands are dirty. Dr. Will Sawyer, Infection Prevention Specialist with Henry the Hand Foundation, recognizes Hand Awareness Week as December 7-13<sup>th</sup>.

Hand-washing tips to follow:

- Use WARM water: Not cold or hot
- RUB HANDS TOGETHER: Make sure to vigorously rub your hands together with soap and scrub all surfaces for at least 20 seconds. This includes both sides of your hands, your wrists, between your fingers, and around your nails. A common measure to make sure you've washed your hands long enough is to sing the "ABCs" song or "Happy Birthday" song.

- **RINSE:** Rinse both hands under warm water.
- **PAT DRY:** Dry off your hands with a clean towel. If using a paper towel in a public restroom, open the door with the paper towel to avoid more germs. Throw away paper towel after you leave.
- To prevent dry skin, use mild soap with warm water and avoid rubbing hands when drying. Pat drying will avoid friction. Also, apply moisturizing lotion afterwards.

For more information contact the Manalapan Township Health Department:

**Hours:**

Monday-Friday, 8:30 a.m. – 4:30 p.m.

**Location:**

Manalapan Town Hall  
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

**Phone:** (732) 446-8345

**Fax:** (732) 446-1576