



# Broward County Government Newsletter

December 2020

Volume 3, Issue 12

*December 1-7 is National Handwashing Awareness Week.*

## Community Care Plan, 'the health plan with a heart'

### Five Steps to Washing your Hands

- **Wet** your hands under clean running water. It does not matter if the water is hot or cold. Add soap.
- **Lather.** Rub your hands together with soap. Make sure to get the back of your hands, under your nails and between your fingers.
- **Scrub** for at least 20 seconds. Scrubbing should last about the time it takes to sing "Happy Birthday" twice.
- **Rinse** your hands under clean running water.
- **Dry** with an air dryer or clean towel.

### When should I use hand sanitizer?

If you are in a place where soap and water are not available, use hand sanitizer. Hand sanitizers should be alcohol-based and have at least 60% alcohol. The label should tell you the correct amount to use. Rub your hands together making sure it covers all surfaces of your hand. It should take about 20 seconds to dry.

Hand sanitizer does not get rid of all germs and might not be as effective when you have visible dirt or grease, or you have been working with pesticides or heavy metals.

### When to Wash Your Hands

#### Before

- Preparing food
- Eating food
- Caring for someone is sick (vomiting or diarrhea)
- Treating a cut or wound

#### During

- Food Preparation

#### After

- Preparing food
- Handling pet food or pet treats
- Caring for someone is sick (vomiting or diarrhea)
- Treating a cut or wound
- Using the toilet
- Changing diapers or cleaning up a child who has used the toilet
- Blowing your nose, coughing, or sneezing
- Touching an animal, animal feed, or animal waste
- Touching garbage

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.

For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resewva enfomeseyon