

Smart Healthy Living

Hand Hygiene

(NAPS)—Each year germs cause millions of cases of illnesses—everything from common colds to potentially life-threatening foodborne illnesses. Fortunately, there is a simple means of prevention: Washing and drying hands properly is the most significant way to reduce the possibility of spreading germs and in turn prevent disease. Follow these handwashing tips from the Georgia-Pacific Health Smart Institute to help protect your family:



Keep your hands clean!

- Rub your hands together with soap and water for at least 20 seconds. Carefully wash all surfaces of your hands, especially the spaces between your fingers and under your fingernails where bacteria hide.

- After handwashing, dry your hands with an absorbent paper towel such as *Sparkle*®. Communal cloth towels can harbor bacteria and re-contaminate hands. By using disposable paper towels, you wipe off and throw away the germs.

- To avoid contact with potentially contaminated surfaces in public restrooms, grasp the faucet handle with the used paper towel to turn off the water and use the same paper towel to open the door when leaving.

For more information on staying healthy, please call 1-877-GPCLEAN, visit the Web site at www.gphealthsmart.com or write to Georgia-Pacific Health Smart Institute, P.O. Box 2411, Palatka, FL 32178-2411.