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## Why It's Important To Wash Your Hands



As hand hygiene is on everyone's minds, Vi-Jon wants to remind you that  washing

your hands is a known defense against spreading germs.

Simply washing your hands with soap and warm water for at least 20 seconds (***as long as it takes to sing “Happy Birthday” twice***) can help to wash germs off of your skin. You should be especially vigilant to wash your hands after you have been in a public place, or after blowing your nose, coughing, or sneezing. As recommended by the CDC, be sure to wash the backs of your hands, between your fingers, as well as under your fingernails to ensure they are fully cleaned. It is also important to dry them using a paper towel or clean cloth.

If you do not have soap and water available, the CDC recommends the use of a hand sanitizer that contains at least 60 percent alcohol. When using hand sanitizer, apply a palmful to the hands, cover all surfaces of your hands, rub them together and allow the hand sanitizer to dry without wiping. Convenience and portability are major benefits of hand sanitizers. You can slip a small bottle of hand sanitizer in your glove compartment, a purse, or even your pocket for situations where you might want to wash your hands but a sink is not available. Hand sanitizer is also ideal for group settings: Teachers, students, and office workers can sanitize their hands periodically throughout the day without having to leave their classroom or desk.

There are numerous benefits to using hand sanitizer, from convenience to fighting germs. Most certainly, practicing good hand hygiene throughout the day will boost your cleanliness and protect others around you.

***Vi-Jon offers an array of products from hand sanitizers to hand soap to help keep you protected. Visit [www.vijon.com](http://www.vijon.com) for more information.***

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