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Keep Germs Away, Wash Your Hands Regularly

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Tallahassee, Fla. — Florida's students and parents are settling back into the school year routine. Along with new class schedules and new friends can come potential coughs and sniffles. The Florida Department of Health reminds you to practice good hygiene to reduce the spread of germs and illness.

"Regular handwashing is an easy and effective way to prevent the spread of contagious diseases," said State Surgeon General and Secretary of Health Dr. John Armstrong. "We all help to protect Florida's children, adults and families from infectious illness every time we wash our hands."

According to the Centers for Disease Control and Prevention (CDC), handwashing education and access to soap in schools can help improve attendance. Students who practice good hygiene are less likely to miss days in school. Handwashing has been shown to prevent a variety of diseases and helps to protect yourself and others from illness.

Below are step-by-step CDC guidelines for handwashing:

- Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap;

- Lather your hands by rubbing them together with the soap. Be sure to get the backs of your hands, between your fingers and under your nails;

- Scrub your hands for at least 20 seconds;

- Rinse your hands well under clean, running water; and

- Dry your hands using a clean towel or air dry them.

For teachers looking to implement good handwashing practices into their curriculum visit http://www.cdc.gov/handwashing/training-education.html.

For more information about hand washing please visit our website or the CDC site at http://www.cdc.gov/handwashing/.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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