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## Hand Hygiene Saves Lives!

Did you know that hand washing is the single most important factor in reducing the spread of infection? Washing under running water, with soap (for about 20 seconds) is an important means of reducing the number of microorganisms carried on your hands and thus reducing disease transmission. Alcohol based hand rubs may also be used. Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

### Always wash your hands:

- ✚ After using the restroom
- ✚ After changing a diaper
- ✚ After blowing your nose
- ✚ Before eating
- ✚ After handling garbage
- ✚ After touching animals or animal waste
- ✚ Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- ✚ After coughing or sneezing into your hands (preferably use tissues)
- ✚ Before inserting or removing contact lenses
- ✚ When using public restrooms, such as those in airports, train stations, bus stations and restaurants



Infectious diseases that are commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection. Hand washing is a simple habit, something most people do without thinking. Yet, when done properly, it's one of the best ways to avoid getting sick.

## Injured?

Every minute of every day employees are injured or become ill on the job. Keeping employees healthy is important for the success of your business. Beth Israel Medical Center provides employers with high quality, cost-efficient Occupational Medicine, workers compensation and disability management services through Business Health.

### Business Health Services Network also provides the following services:

- Executive Health Exams
- On-the-job injury care management
- Pre-placement physicals
- Sick call and on-the-job illness evaluations
- Clearance for return-to-work examinations
- Substance abuse testing and MRO evaluations
- Disability evaluations
- Specialist consultations/expert second opinions
- Wellness and health education / Travel health services
- Vaccinations and screening for immunity
- Blood-borne pathogen exposure evaluation, treatment and management
- Medical surveillance programs for: asbestos, lead, solvents, noise and blood-borne pathogens

For more information on the diversity of services offered by Business Health please call us, email us, or visit us at [www.wehealny.org](http://www.wehealny.org).

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**Continuum** Health Partners, Inc.

**Beth Israel**

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of Medicine

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