

Washing hands is best way to prevent illness

MTMC promotes clean hands during flu, cold season

MTMC is encouraging people to practice the Four Principles of Hand Awareness and to share the principles with friends, family, classmates and coworkers.

Henry the Hand Foundation is a Cincinnati-based organization founded by Dr. William Sawyer in 1999 that promotes proper hand washing.

“It may seem obvious, but washing your hands is one of the most effective ways to stay healthy and to avoid the flu,” said Dr. Dunk Eastham, Chief of Medical Staff at MTMC. “The most common way infectious diseases enter your body is by

touching your eyes, nose and mouth with germs on your hands. Following these four principles will help keep you healthy during the holidays.”

Henry the Hand Foundation’s Four Principles are:

1. Wash your hands when they are dirty and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hand.
4. Above all, do not put your fingers in your eyes, nose or mouth.

Properly washing your hands is also important to

staying infection free. When washing your hands, remember to:

- Wet your hands with clean running water and apply soap.

- Use warm water if it is available.

- Rub hands together to make lather and scrub all surfaces.

- Continue rubbing hands for 15-20 seconds.

Need a timer?

Imagine singing "Happy Birthday" twice through to a friend.

- Rinse hands well under running water.

- Dry your hands using a paper towel or air dryer.

If possible, use your paper towel to turn off the faucet.

- Always use soap and water if your hands are vis-



MTMC's Chief of Medical Staff, Dr. Edward Eastham, along with Murfreesboro's Cable Channel 3, Nancy Phillips and "Murph", visited students at Bradley Academy Elementary on Friday to demonstrate the correct way to wash hands and stay healthy. Students learned the basic principles of hand washing in a very fun and educational way

ibly dirty.

“At MTMC, our employees are dedicated to frequent and proper hand

washing so that germs are not spread among the patients,” Eastham said. “Our priority is getting our pa-

tients well and keeping them well, and one way we do this is keeping our hands clean.”