



# Newsletter

May 2019  
Issue 33, Vol. 1



**Wash Your Hands**  
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**SAVE THE DATE**

# Wash Your Hands



*Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.*

## Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage.

## Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your

home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- 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. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

[Why? Read the science behind the recommendations.](#)

## Use Hand Sanitizer Only When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If

soap and water are not available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

## Remember these key facts about alcohol-based hand sanitizers.

- Sanitizers can quickly reduce the number of germs on hands in some situations.
- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.
- Keep hand sanitizer out of the reach of young children and supervise their use. Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple mouthfuls are swallowed.

## How to Use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).

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# Wash Your Hands

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- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

For more information on handwashing, please visit CDC's Handwashing website. You can also call 1-800-CDC-INFO or contact CDC-INFO for answers to specific questions.

## More Information

### CDC's Handwashing Work

- [Handwashing: Clean Hands Save Lives](#)
- [Preventing the Flu](#)
- [Hand Hygiene in Healthcare Settings](#)
- [Hand Hygiene During an Emergency](#)
- [Water-related Hygiene](#)
- [Keeping Your Hands Clean on a Cruise](#)



### Health Promotion & Education

- [Health Promotion Materials](#)
  - » [Fact Sheets](#)
  - » [Podcasts](#)
  - » [Posters](#)
  - » [Stickers](#)

- » [Videos](#)
- » [Web Features](#)
- [Training & Education](#)
- [Our Partners](#)

### Publications, Data & Statistics

- [Publications, Data, & Statistics](#)

### Global Handwashing Day

- [Global Handwashing Day](#)
- [globalhandwashingday.orgexternal icon](#)

*Source:*  
<https://www.cdc.gov/features/handwashing/index.html>

## Nursing Talk

### STOPPING AT THE GAS STATION

Dear Cassandra,

My family and I live in a rural area outside of Chicago. Our house is about six miles from a very small town and about fifteen miles from a city with grocery stores, churches, and schools. Last week we ran out of milk, and I asked my husband to get a gallon of milk for us.

He was going to the gas station in the very small town to get gas. While he was there, he went inside the attached convenience store and bought a gallon of milk. The milk was much more expensive than it would have been at the supermarket. I was happy to have the milk, but I was distressed by the price.

What do you call a store associated with a gas station that is open late? Why are the items in the store so expensive?

### *Stressed Out in Illinois*

Dear Stressed Out,

I feel your pain. You are upset about the high price of the gallon of milk. He was probably thinking he had to get gas, and he would just

go into the attached store for a gallon of milk.

According to the [Dictionary of American Regional English](#), a store associated with a gas station may be called a convenience store, a Kwik Trip, a mini mart, a Stop-N-Go, a c-store, a gas station, a Seven-Eleven, an all-night gas station, a Quicky Mart, a stop and rob, or a twenty-four-hour gas station. There are thousands of these stores in the United States.

Why are the prices higher? There could be several reasons. If the convenience store sells gas, you are subsidizing gas sales. Add to that the profit from those hot dogs, nachos, pre-made sandwiches and salads you buy from the convenience store.

In an article "Why are the products more expensive in convenience stores than in supermarkets?" published at <https://quora.com>, Gerald Nanninga, former Consultant, answered the question this way on July 11, 2018:

"1. Supermarkets get their products by the caseload. Convenience stores get their products in less than caseload quantity. That increases distribution costs for the convenience store.

2. Supermarkets deal in high volume. Convenience stores deal in low volume. That means that a convenience store's fixed costs are

spread over fewer transactions. That makes the convenience store's fixed costs higher per transaction.

3. Labor costs per transaction are not all that different between checking out a large basket of goods and a small basket of goods (you still have to handle the transfer of payment, etc.). Yet the gross profits of a large basket are much higher than a small basket. That makes labor a greater percentage of sales in a convenience store.

4. The convenience store can get away with charging higher prices because they are offering greater "convenience." Convenience has a value that many people are willing to pay extra for."

My advice to you is to just forget about the few extra pennies it cost to buy the milk. Instead, give your husband a big hug for remembering to bringing home the milk. Ten years from now you are not going to care about those few extra pennies.

*Cassandra*

We invite you to submit questions for this column. E-mail [edward.lara@ahhc-1.com](mailto:edward.lara@ahhc-1.com).

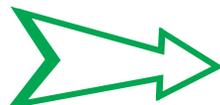


# Enter the Challenge

## 13 WEEK LIFE SAVER CHALLENGE

See program description and entry forms @  
[www.ahhc-1.com/lifesaver.php](http://www.ahhc-1.com/lifesaver.php)



 1ST   
**PRIZE**  
**\$380**

 2nd   
**PRIZE**  
**\$120**

 3rd   
**PRIZE**  
**\$50**



# SAVE THE DATE

SEP **23-27** 2019

## SKILLS FAIR

AURORA, IL