



# HANDLE YOUR HYGIENE

## Good hygiene prevents illness and promotes healthful work and living spaces.

Practicing healthy hygiene behaviors has far-reaching effects for your health, for the global community, and for the environment. According to the World Health Organization (WHO), “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”

Embrace good hygiene practices to prevent illness and promote healthful work and living spaces. Good hygiene prevents illness and promotes healthful work and living spaces. Encourage those around you to remember simple hygienic measures.

### Handwashing and Care Etiquette

The CDC recommends the following best practices:

- Wash your hands often for at least 20 seconds with soap and water. (If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched surfaces and objects using a regular household cleaning spray or wipe.

Practicing good hygiene is your superpower to avoid getting sick and spreading germs to others.

### Care About Your Community

The goal of hygiene promotion is to help people understand and develop good hygiene practices in an effort to prevent disease and promote positive attitudes towards cleanliness, health, and efficiency of the population. Research your local community initiatives. Get involved, volunteer, and raise awareness for a community cause.

### Go Global

Think about caring for you, your family, your peers, your planet. Select initiatives that drive purpose beyond where you sit. Think of global strategies: healthy living for all, recycle, go green, donate, environmentally friendly living, food security, air quality, safety.





## Household Cleaners and Disinfectants

Be sure to follow the instructions on the label of your disinfectant to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many products recommend precautions such as wearing gloves and having good ventilation during use of product.

Use EPA registered household disinfectants:

- Lysol Brand All Purpose Cleaner
- Fantastik Disinfectant Multipurpose Cleaner
- Clorox Disinfectant Wipes

## Food Safety

Food is a great way to connect people in a fun way. Make sure food is handled, prepared, and stored safely in order to prevent foodborne illnesses. The USDA endorses the following best practices for food safety:

- Be sure purchased food is not expired and packing is intact.
- Refrigerate perishable food within 2 hours (1 hour when the temperature is above 90°F)
- Be mindful of washing your hands before and after handling food. Do not cross-contaminate—raw meats must be prepped separately. Clean all surfaces, cutting boards, and utensils before and after being exposed to raw food. Cutting boards can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.
- Cook food to proper temperatures to make food safe for eating.

## Serve Food Properly

- Hot food should be held at 140°F or warmer
- Cold food should be held at 40°F or colder

Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90°F).

## More Information

For more evidence-based information on handling your hygiene, visit the following websites:

### Medcor Guiding Health Principles

[www.Medcor.com/Handle-Your-Hygiene](http://www.Medcor.com/Handle-Your-Hygiene)

### When and How to Wash Your Hands

[www.CDC.Gov/Handwashing/When-How-Handwashing.html](http://www.CDC.Gov/Handwashing/When-How-Handwashing.html)

### Keep Food Safe! Food Safety Basics

[www.FSIS.USDA.Gov/Food-Safety/Safe-Food-Handling-and-Preparation/Food-Safety-Basics/Steps-Keep-Food-Safe](http://www.FSIS.USDA.Gov/Food-Safety/Safe-Food-Handling-and-Preparation/Food-Safety-Basics/Steps-Keep-Food-Safe)

### U.S. Environmental Protection Agency

[www.EPA.Gov](http://www.EPA.Gov)



[www.medcor.com](http://www.medcor.com)