

December 2008

The 20-Second Secret

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The holiday season is quickly approaching, yet we are still in the middle of another one: flu season. Flu shots are particularly important for older adults since they are more prone to a serious case of the flu if they get it. The flu shot is still available at many community sites if you have not yet received one. The next line of defense against many illnesses, including the flu, is handwashing. December 7-13 is *National Handwashing Awareness Week*, a reminder of the importance of the proper steps to washing hands and staying healthy.

Tips to follow:

- Wash your hands with soap and water for at least 20 seconds when dirty, after using the restroom, and before and after preparing food.
- Do not cough or sneeze into your hands. Use a tissue or your elbow.
- Avoid putting your fingers into your mouth, eyes, and nose.

Remembering these three simple hygiene techniques will help keep germs from spreading around the community and afflicting people with the flu or colds this holiday season. The County of Orange Office on Aging can provide health and service professionals and community members with a "Cover Your Cough" flyer download to post in public areas. Several languages are available. Contact the Office on Aging's Information Specialists at **1-800-510-2020** or **1-714-567-7500** to send you the flyer or advise you of the nearest flu shot clinic.

Proper handwashing is one of the most important things you can do to stop the spread of germs. If everyone remembers these tips, maybe the "flu season" will be a thing of the past.