What's Going Around | Hand Hygiene

With so many viruses going around, it's important to know how to protect yourself and your family. AdventHealth Centra Care's Senior Medical Director, Dr. Tim Hendrix says that keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. The Centers for Disease Control (CDC) recommends that you clean your hands in a specific way to avoid getting sick and spreading germs to others.

5 Steps to Proper Hand Washing

- **Wet your hands with clean, running water (warm or cold), turn off the tap, and then apply soap.** Why? Using soap to wash your hands is more effective than just water because the soap removes the microbes from skin, and people tend to scrub their hands more thoroughly when using soap.

- **Lather your hands with soap. Be sure to cover the backs of your hands, between your fingers, and under your nails.** Why? Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin. Microbes are present on all surfaces of the hand.

- **Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.** Why? Evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.

- **Rinse your hands well under clean, running water.** Why? Because your hands could become recontaminated if put them back in the sink of standing water. Rinsing the soap away also minimizes skin irritation.

- **Dry your hands using a clean towel or air dry them.** Why? Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing.

_Brought to you by Advent Health Centra Care_
**The Magic of the Half Smile**

We all get irritated sometimes. Let’s say the kids are arguing, a colleague challenges you, or you have to wait in a long line. You may want to sigh or scream instead of smile. Still, experts say that a subtle “half smile” can make a measurable difference in your state of mind. It’s true! There’s evidence that the act of creating a small upward curve in your lips releases serotonin and dopamine, two feel-good hormones. So next time life is getting the best of you, give it a try.

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**What do you need to know about the Coronavirus?**

Public health experts are actively monitoring the outbreak of a new virus strain called the “2019 novel coronavirus” that originated in Wuhan, China.

Common signs of infection include respiratory symptoms, fever, cough, and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death.

Human coronaviruses are usually spread from an infected person to others through the air by coughing and sneezing, close personal contact (such as shaking hands), touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands, or (rarely) fecal contamination.

Although there are currently no vaccines available to protect against human coronavirus infection, you may be able to reduce your risk of infection by washing your hands often with soap and water for at least 20 seconds, avoiding touching your eyes, nose or mouth with unwashed hands, and avoiding close contact with people who are sick.

*Brought to you by our Brand Partners at Aetna. For more information visit [https://www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).*

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**Have you tried these Mobile Apps?**

With the **MyHealthToolkit** app you can use your digital medical ID card from your phone and smart wallet feature, check the status of your claims, view benefits and what’s covered by your medical plan and find local providers quickly!

**OptumRx mobile app** gives you instant, secure access to your personal prescription information and trusted pharmacy resources. Check your prescription history, compare prescription prices and locate nearby pharmacies.

**Resources for Living** allows you to access information, support and resources to help you manage the issues that impact your work, life and well-being.

**Rally Health app** gives you direct access to ICUBA’s interactive wellbeing program, Blue Rewards powered by Rally Health. Download this app and sync it with your favorite fitness device to start earning dollars and coins today! *Hint: Register in City Challenges for Private Sweepstakes entry!*

**My Quest™** allows you to conveniently access your health information, request and receive lab results, schedule your next lab appointment or find the nearest Quest Diagnostics Patient Service Center location.