



**The Power
is in your hands to
prevent the Pandemic!**



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**Together
we can
make a
Difference!**

**Did you know that putting your finger
in your eyes, nose or mouth is how
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**Then WHY
do you do
this?**

What are the 10
most deadly
weapons?



Our Fingers and Thumbs!



**The Power is in your hands
to Prevent the
Spread of Disease!**



**Imagine NEVER being
sick again?**

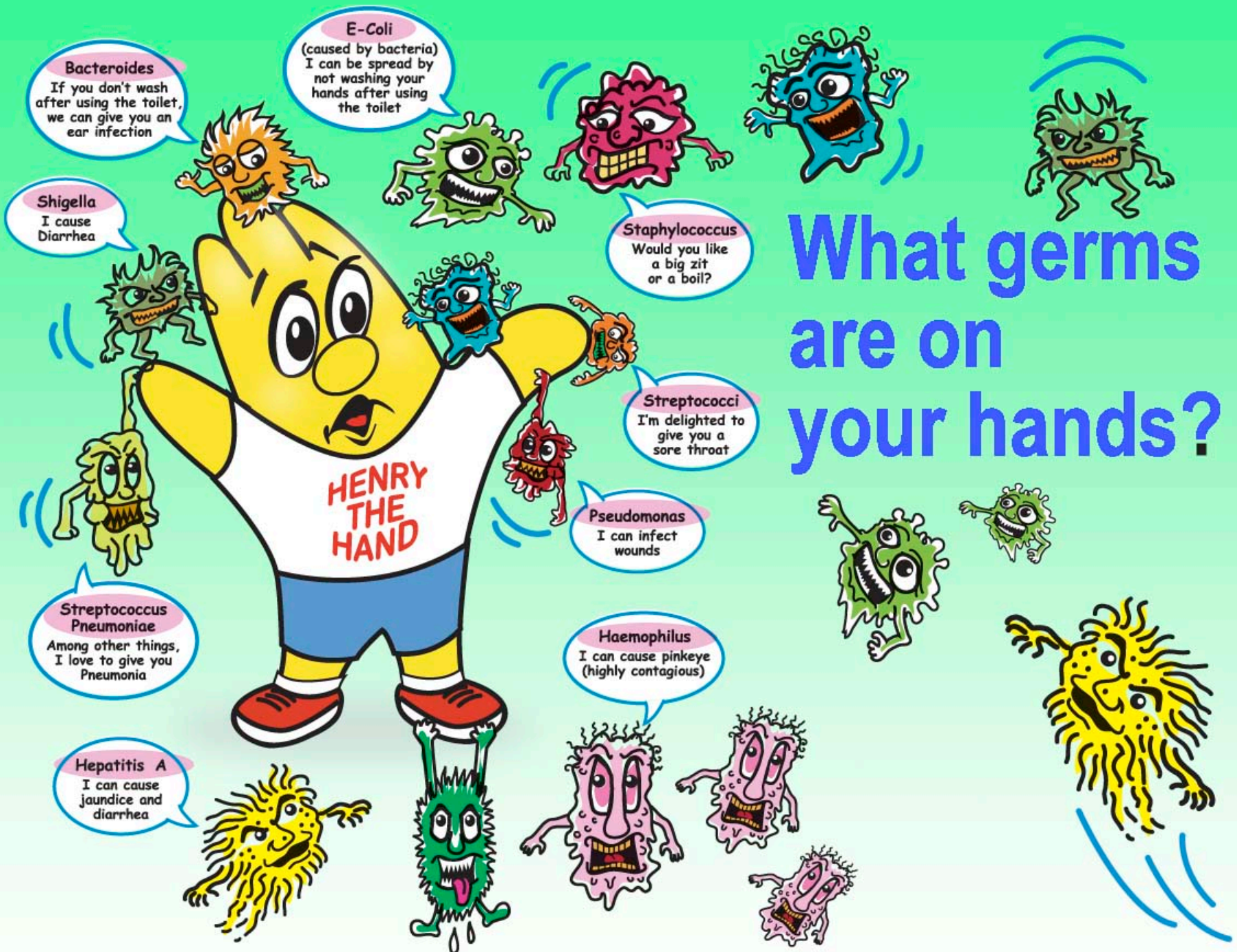




Yes, Humans are the Incubator for any Pandemic

- Remember: as long as humans do not introduce the H1N1 (or other virus or bacteria) into their mucus membranes, the disease will not spread throughout the human population.

What germs are on your hands?





90% of surfaces
in the home or office
environment are
contaminated
within 24 hours of a
family member or
co-worker developing
an illness

The Power is in YOUR hands to Prevent the Spread of Disease!

- You are safe in a room full of sick people if you never put your fingers in your eyes, nose or mouth (mucus membranes).



The Power is in YOUR hands to Prevent the Spread of Disease!

- Droplets from the nose and mouth are the vehicle for aerosol transmission; germs travel 3 feet (the distance suggested by the federal government as “social distancing”).



**This Campaign
will help your
Community
reduce the
incidence of
seasonal
infectious
disease!**



The 4 Principles of Hand Awareness



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

*Endorsed by the AMA and the AAFP (2001)

*referred to as individual ideas for flu prevention by CDC, but not packaged as an integrated concept.

Hand Awareness

- **Knowing where your hands are and what they are doing
AT ALL TIMES!**



Hand Awareness

- The integration of **Hand Hygiene, Respiratory Etiquette and cross contamination awareness**

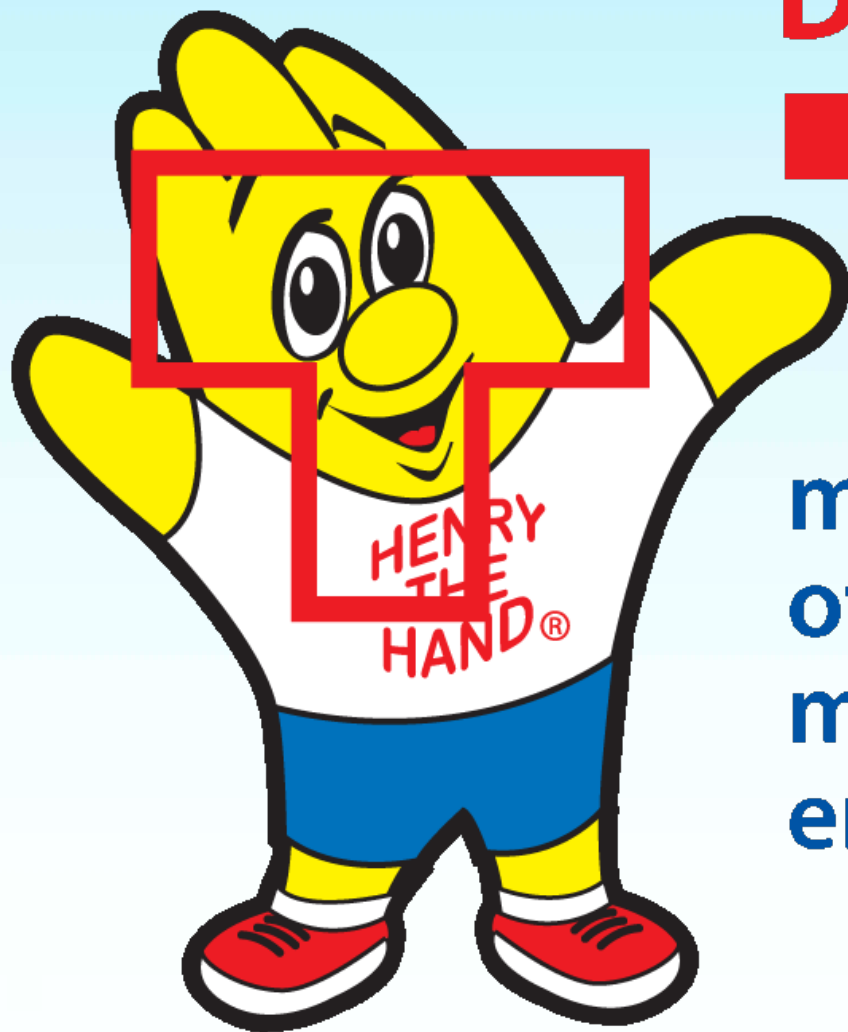


Respiratory Etiquette



Hand Hygiene



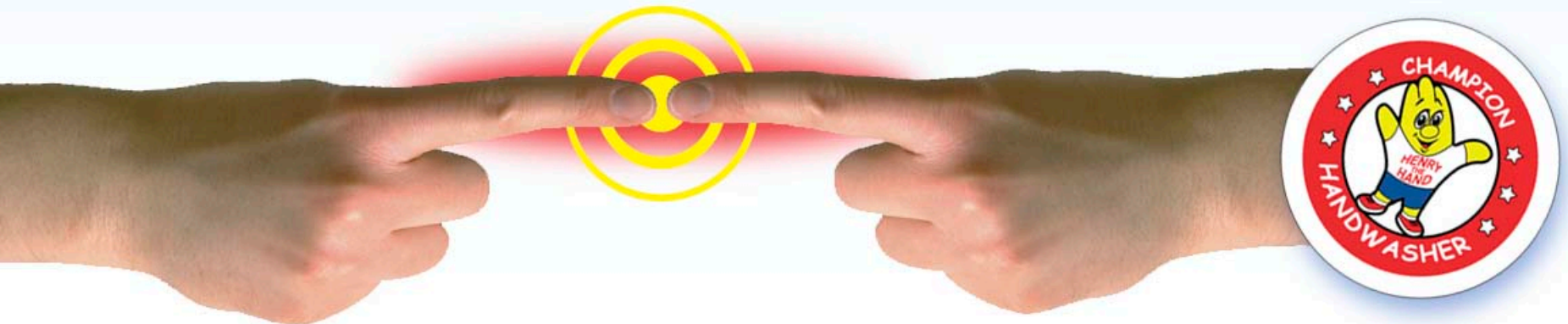


**Do NOT touch the
Tzone!**

**mucous membranes
of your eyes, nose or
mouth are where germs
enter your body!**

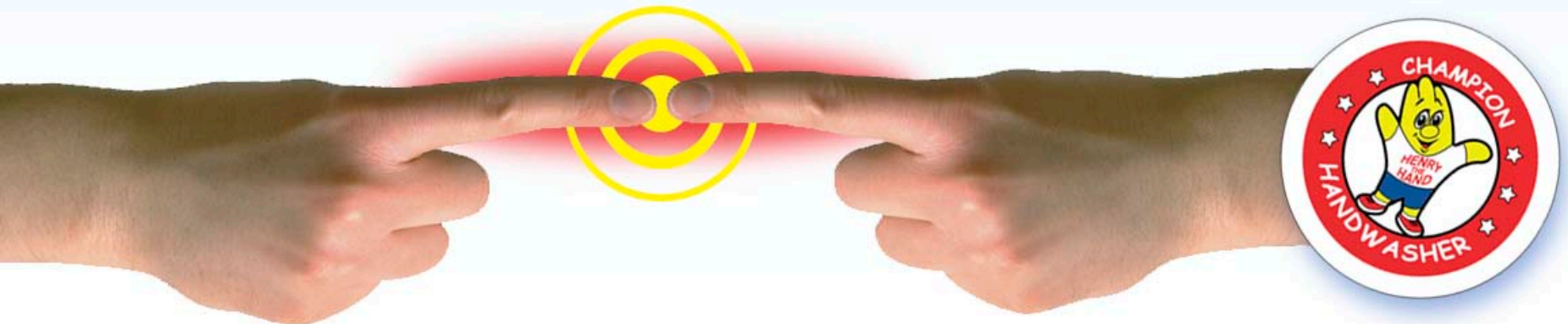
The Hand is quicker than the eye!

Unfortunately the **single act** of handwashing or sanitizing alone **does not prevent** cross contamination (spread of infection).



The Hand is quicker than the eye!

People “unknowingly” **touch a contaminated surface**, then **transmit the organism to another surface, themselves or a patient** due to “unconscious” personal habits.





- Adhering to the **4 Principles of Hand Awareness** would prevent 36,000 deaths from flu and flu-like illness, 5,000 food borne deaths and significantly reduce the 90,000 estimated HAI deaths per year.

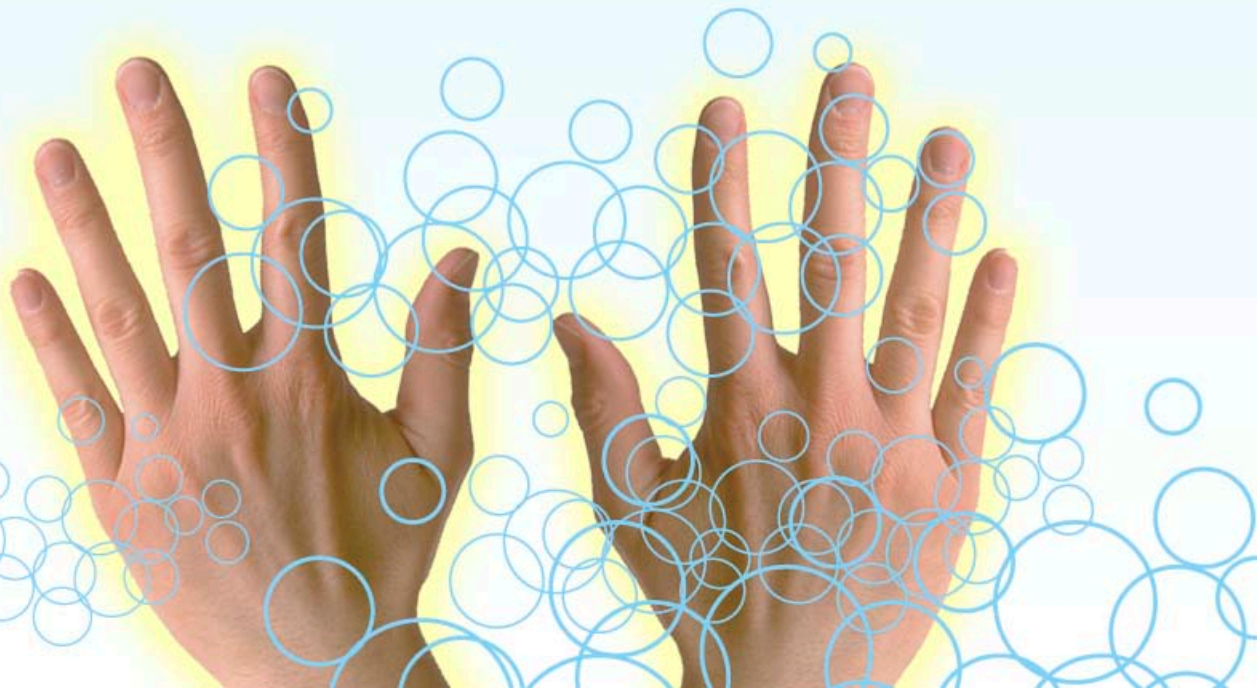
Which Behaviors are we talking about?

- Nose picking and rubbing
- Eye rubbing
- Nail biting, finger licking, etc.
- Curtailing these habits,
“Is a simple solution to
a complex problem”



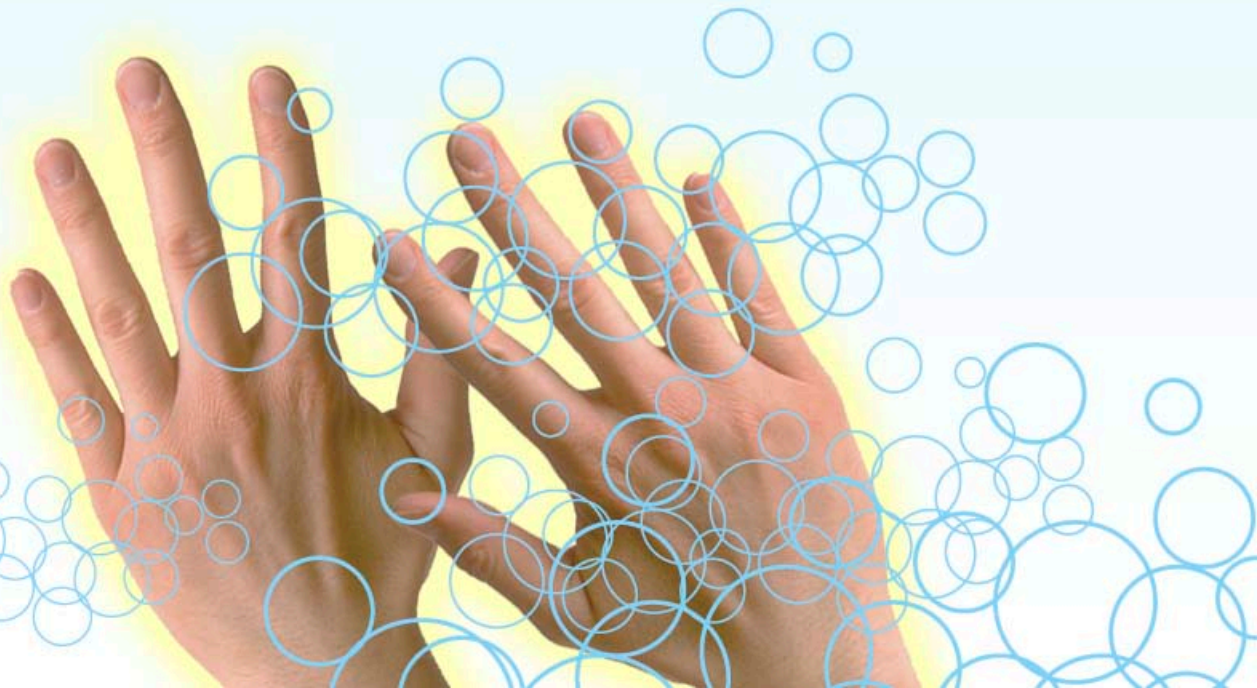
“Decontaminating” upon entering a public/private facility.

- Wash, wipe or sanitize your hands **upon entering** if you do not want to carry any disease into that facility.



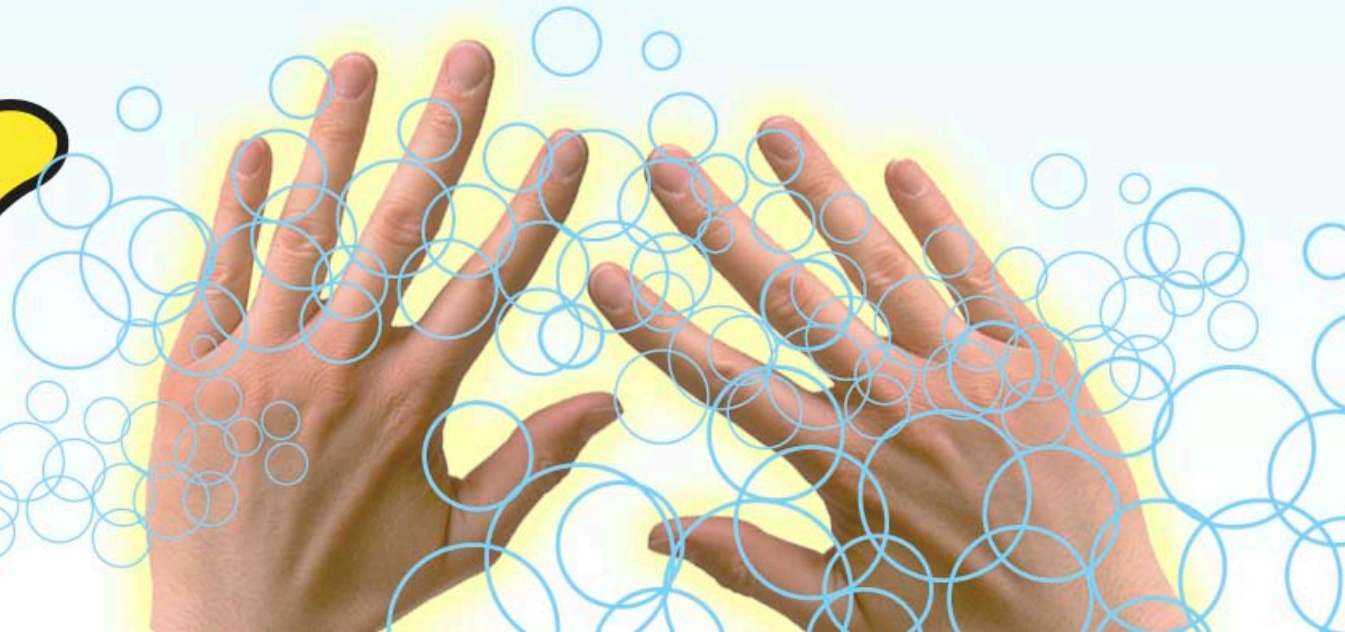
“Decontaminating” upon leaving a public/private facility.

- Wash, wipe or sanitize your hands **upon leaving** the facility if you do not want to carry any disease out of the facility.



“Decontaminating” upon entering your home.

- Wash your hands **upon entering your home** to minimize the chance of bringing in disease or taking it out when family members are ill.



So How do People change habits?



We must ACT our way into a better behavior, rather than think our way into a new way of acting We have had the **knowledge** that our **Hands ARE** the **major vector for transmission of disease** for centuries.



Help people change their habits

- Help them stop the health risk behavior:
i.e. touching (contaminating) their eyes,
nose or mouth (mucus membranes).



**This is a major TASK to
accomplish!
But it would be worth it!**



**Henry the Hand
Champion
Handwasher
Campaign**

Imagine if we **ALL** participated
in a community wide Campaign
through our Schools, Work and
Religious institutions!



- We would Dramatically reduce the incidence of and the transmission of infectious disease.
- Imagine **NEVER** being sick again from a respiratory or gastro-intestinal disease!



Imagine the positive impact in
each of our communities
working together to
prevent a Pandemic!

The decision is in **YOUR** hands!



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is in your hands to
prevent the Pandemic!**



**Together
we can
make a
Difference!**

Champion Handwasher School Kit



The 4 Principles of Hand Awareness



**WASH YOUR HANDS
WHEN THEY ARE DIRTY
AND BEFORE EATING!**





**DO NOT COUGH
INTO HANDS!**



**INSTEAD TRY
COUGHING
HERE!**



**ELBOW
HAND**





4

**ABOVE ALL, DO NOT
PUT YOUR FINGERS
IN YOUR EYES,
NOSE OR MOUTH!**



