The Power is in your hands to prevent the Pandemic!
Together we can make a Difference!

The Power is in your hands to prevent the Pandemic!
Did you know that putting your finger in your eyes, nose or mouth is how you give yourself germs?
Then WHY do you do this?

Did you know that putting your finger in your eyes, nose or mouth is how you give yourself germs?
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?

- Bacteroides
  If you don't wash after using the toilet, we can give you an ear infection.
- E-Coli (caused by bacteria)
  I can be spread by not washing your hands after using the toilet.
- Shigella
  I cause Diarrhea.
- Staphylococcus
  Would you like a big zit or a boil?
- Streptococci
  I'm delighted to give you a sore throat.
- Pseudomonas
  I can infect wounds.
- Streptococcus Pneumoniae
  Among other things, I love to give you pneumonia.
- Haemophilus
  I can cause pink eye (highly contagious).
- Hepatitis A
  I can cause jaundice and diarrhea.
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

2. DO NOT COUGH INTO HANDS!
   INSTEAD TRY COUGHING HERE!

3. DO NOT SNEEZE INTO HANDS!
   INSTEAD SNEEZE HERE!
Hand Hygiene

1. WASH YOUR HANDS WHEN THEY ARE DIRTY AND BEFORE EATING!

4. ABOVE ALL, DO NOT PUT YOUR FINGERS IN YOUR EYES, NOSE OR MOUTH!
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!
The Power is in your hands to prevent the Pandemic!

Together we can make a Difference!
Champion Handwasher School Kit

- Magic Foaming Soap
- Henry the Hand Glo Gel
- Henry the Hand Stickers
- Henry the Hand Hand Washers
- Henry the Hand CD
- Henry the Hand Flyer

Leave the Germs Here! Give them a WASH!

Henry the Hand’s 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 in your eyes, nose, or mouth!

Henry the Hand has been endorsed by the AHA & AAP.
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!
DO NOT SNEEZE INTO HANDS!

INSTEAD SNEEZE HERE!
ABOVE ALL, DO NOT PUT YOUR FINGERS IN YOUR EYES, NOSE OR MOUTH!