National Handwashing Awareness Week 60 Sec PSA

December sixth through twelfth is National Handwashing Awareness Week. Now, more than ever, it's important to make sure each of us is regularly washing our hands to help decrease the spread of germs that can cause respiratory and other illnesses.

Hand sanitizer and antibacterial wipes are great alternatives when hand washing just isn't possible, but the most effective way to clean your hands is by washing them with soap and warm water for at least 20 to 30 seconds while scrubbing them vigorously enough to make sure they're clean.

For good measure, be sure to wash your hands thoroughly before preparing food, before eating, before touching your nose, eyes, or mouth, after using the restroom, and after handling pets or their treats. Also, be sure to wash your hands after touching common surfaces in public places like door handles, gas pumps, keypads, or shopping carts that can be sources of germs.

Join me this week – and every week – and do your part to help stop the spread! This message is brought to you by the Alabama Department of Public Health and this station.

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