

**DID YOU KNOW?**

- Proper handwashing is the simplest and most effective way to prevent the spread of diseases and infections.
- Simply washing your hands when you return home or using an alcohol based hand sanitizer, can reduce the risk of catching some infections in half.
- All towels including bath towels can harbor germs and should be washed after two days of use.
- Toothbrush holders can be a haven for bacteria like *salmonella* and *E.coli*, if they are not cleaned regularly.
- The kitchen sponge and chopping board are home to lots of bacteria. Both should be washed regularly in hot soapy water.
- Shopping carts also carry a lot of bacteria, because people keep touching them after handling raw food.

**CONTACT US**

**CLEARLINE HOUSE**  
**290, IKORODU ROAD,**  
**ANTHONY,**  
**LAGOS, NIGERIA.**  
**TEL: 08076490111**  
**01-4482520**

[www.clearlinehmo.net](http://www.clearlinehmo.net)

[newsletters@clearlinehmo.net](mailto:newsletters@clearlinehmo.net)

# NEWSLETTER

SEPTEMBER 2018  
Volume V, Issue IX

## HIDDEN GERMS

### WHAT YOU SHOULD KNOW

When it comes to picking up germs, our hands are the real culprits. Studies have shown, the average adult can touch as many as 30 objects in a minute; including the toilet seat, light bulb switches, door handles, raw meat etc.

#### SOME COMMON PLACES GERMS HIDE

- 1) **Public toilets:** the main infection does not necessarily come from sitting on the toilet, but from touching the toilet seat, door, sink, tap etc. with your hands.  
After washing your hands properly with soap, try avoiding contaminated surfaces, by using a paper towel to close the tap and open the door.
- 2) **Restaurants:** employees and menus are also a major source of bacterial contamination.  
Choose restaurants' carefully and always wash your hands before eating.
- 3) **Cell Phones:** studies have shown 1 in 6 phones are contaminated with fecal matter.  
Regularly wipe down your phone with disinfectant.
- 4) **Swimming Pools:** get easily contaminated when someone with diarrhea goes swimming.  
Avoid the pool if you have diarrhea, shower before and after swimming and wash hands after using the toilet or changing diapers.
- 5) **Daycare Centers:** when changing diapers, children can get fecal matter on their hands and then touch a toy. When other children play with the same toy, infection can occur.  
Ensure children are immunized appropriately and implore caregivers to wash children's hands properly, especially after using the bathroom/diaper change.

#### WHAT CAN YOU DO?

##### WASH YOUR HANDS PROPERLY.

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. If you need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water. Dry your hands using a clean towel, paper towel or air dry them.
- If possible, use a paper towel or your elbow to turn off the tap.