



Healthy Lungs Pennsylvania Acknowledges Global Handwashing Day

As cold and flu season approaches, hand washing is crucial to helping prevent the spread of germs

CRANBERRY TOWNSHIP, PA – October 14, 2011 – Healthy Lungs Pennsylvania, an organization that has been committed to the prevention and control of lung disease in the region since 1904, is pleased to acknowledge that October 15th is Global Handwashing Day.

“Proper hand washing with soap has been cited as one of the most effective interventions to preventing the spread of germs,” said Jeannie Simms, Director of Field Services at Healthy Lungs Pennsylvania. “At Healthy Lungs Pennsylvania, we promote a four-step hand washing process designed to help ensure proper technique in order to keep the spreading of germs at bay, Simms added.”

After applying soap to dry hands, while using warm water, complete the following four steps:

- 1) **Do the Wave** – Put your hands together, palm to palm with fingers interlocking. Gently create a wave by moving hands back and forth, washing the palms of your hands, base of your wrists, in-between fingers and thumbs.
- 2) **Build a Bridge** - Place right hand on top of your left, interlocking your fingers, and gently move the right hand over the left. This will help to clean the top of the hand and in between your fingers. Place left hand on top of right and repeat.
- 3) **Twist and Slide** – Take right hand wrap it around your left wrist. Then twist and slide. This cleans the outside of the hands, paying special attention to the thumbs and little fingers. Repeat twist and slide with other hand.
- 4) **Tickle Yourself Clean** – Take your left hand, palm facing up. With the right hand, make a loose fist, turn it into your left palm with your nails facing down; gently cleaning the nails. Repeat with other hand.



By completing these four steps, and then repeating, you will be helping to prevent the spread of infection and illness. As cold and flu season approaches, it is particularly important to practice proper hand washing technique.

Since its inception over 100 years ago, Healthy Lungs Pennsylvania has established a rich history of promoting lung health in the community. From its early days as an organization that helped fight tuberculosis in the region, to its evolution to an organization that offers programs to people with asthma, chronic lung disease, or who may be looking to quit smoking, Healthy Lungs Pennsylvania has the ability to assist anyone wishing to learn more about their lungs and how to keep them healthy.

To learn more, please visit www.healthylungs.org for additional information on services available in the community.

About Healthy Lungs Pennsylvania

Since 1904, Healthy Lungs Pennsylvania has been committed to the prevention and control of lung disease. Through our programs and services, we help local residents who suffer from respiratory ailments such as asthma and COPD, provide information and resources to health care professionals, as well as offer preventative lung health and smoking cessation resources. To learn more, visit www.healthylungs.org.

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