Some Key Facts About Clean Hands

When washing your hands with soap and water:
- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

If soap and water are not available, use an alcohol-based gel to clean your hands.

When using an alcohol-based hand sanitizer:
- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all hand surfaces and fingers until dry.

Keeping our hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs quickly and significantly reduce the number of germs on your skin.

When should you wash your hands?
- Before preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- Before and after tending to someone who is sick.
- After blowing your nose, coughing, or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut or wound.

Parent and Teacher Alert: "Henry the Hand" has excellent resources for teachers and parents to help kids learn and remember to wash their hands. For resources and more information please visit: www.henrythehand.com

Special Thanks to Jim Maw!

Border Community SERVICE would like to thank Jim Maw for his help during a recent visit to our new office (O’Shea Hall B14). Jim volunteered some of his free time to prepare CERT training materials for future classes.

If you’d like to help with BCS office necessities, please contact us at 286-8010. Your help is always welcome and appreciated.
The first CERT training sponsored by Niagara County, BCS's new funding source, and the first course of 2008 is underway at Columbia Hook & Ladder Fire Company in the City of North Tonawanda!

Twenty-one (21) community-minded individuals meet every Thursday from 6:30 PM to 9:30 PM for their course. The course review and simulated disaster training exercise is planned on Saturday, March 1, 2008 from 9 AM to 1:30 PM.

Volunteers are needed to assist at the drill! The drill is an extremely important training component since it gives students an opportunity to test their skills and new knowledge. Volunteers will play the role of injured victims and by-standers. Please call 286-8010 if you can volunteer on March 1! Many students have community service requirements and this fulfills that obligation.

Volunteer Recruitment!

With several more CERT trainings scheduled at locations throughout Niagara County, Border Community SERVICE volunteers are the prefect resource for new volunteer recruitment to fill these trainings! Do you know someone who is interested in emergency preparedness? Or maybe someone who expresses interest in the training but has not been able to make past trainings?

Please have them contact our office for information about scheduled trainings and locations! Our new number is 286-8010. They can also visit us online at www.niagara.edu/bordercommunityservice to view additional information and to enroll online!