

# St. Jude Cares...

## *Fight Germs with Clean Hands!*

Many people get sick every year from common bacterial and viral infections, including influenza, or “flu.” In the last few years there has also been a growing concern about avian, or bird, flu. According to scientists at St. Jude Children’s Research Hospital and elsewhere, handwashing is the most effective tool for maintaining health. “Simple handwashing is absolutely essential and can really make a difference,” said Dr. Robert Webster, a worldwide expert on influenza from the St. Jude Infectious Diseases department.

The Centers for Disease Control (CDC) states that proper hand hygiene can terminate outbreaks of common diseases caused by pathogens that we come in contact with daily. <sup>1</sup>

Likewise, the Food and Drug Administration (FDA) has long made hand washing a requirement to break the transmission of germs to food, and the agency now offers web links supporting how good hand hygiene can prevent illness.<sup>2</sup>

WebMD also encourages everyone to wash their hands to remove harmful germs like salmonella or Hepatitis A.<sup>3</sup>

### **SO, SPREAD THE WORD, NOT THE GERM...WASH YOUR HANDS!**

Additional information on this subject can be obtained by going to [www.stjude.org/washyourhands](http://www.stjude.org/washyourhands) or by writing to Public Relations, 332 N. Lauderdale, MS 761, Memphis, TN 38105.

<sup>1</sup> <http://www.cdc.gov/ncidod/op/handwashing.htm>

<sup>2</sup> <http://www.nal.usda.gov/foodborne/fbindex/handwashingforchildren.htm>

<sup>3</sup> [http://www.webmd.com/hw/health\\_guide\\_atoz/tp21202.asp](http://www.webmd.com/hw/health_guide_atoz/tp21202.asp)

