

## Hand Washing

Anytime is hand hygiene time. Studies done by the Center for Disease Control have shown that if children wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

There are five important steps:

1. Wet hands with warm water.
2. Apply enough soap.
3. Scrub for 20 seconds focusing on the thumb and fingertips.
4. Rinse off the soap and dirt.
5. Dry hands well.



The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction. Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

## Tobacco and the Environment

Tobacco use is a leading cause of preventable death and disease around the world. However, it isn't just human health that is impacted by tobacco use. It is also harmful to the health of our environment.

Did you know:

- Around the world about 4.5 trillion cigarette butts are thrown away every year!
- Cigarette butts have many dangerous chemicals in them that leak into our soil and water.
- Cigarettes are not bio-degradable. They can take years to break down.
- Animals, fish, birds, and even kids eat tobacco litter – making them very sick.
- Every year land about the size of 200,000 football fields is destroyed for tobacco farming.
- The World Health Organization estimates that approximately 300,000 people die every year as a result of fires caused by smoking.
- Cigarette use world-wide has been linked to climate change due to the gases released during smoking!
- Smoking is a leading cause of house fires in Canada.
- Tossing cigarette butts out is littering and you can be fined.
- Kids under 18 years old are not allowed to buy cigarettes, but many children work on tobacco farms, exposed to toxic chemicals.

For more information on tobacco use and support to quit, visit [www.albertaquits.ca](http://www.albertaquits.ca) or call 1-866-710-QUIT (7848)