

# LIVE HEALTHY

ARM YOURSELF WITH KNOWLEDGE!

## Come Clean

You know that giving your hands a thorough scrubbing is essential—especially during cold and flu season—but are you slacking off?

According to a new survey, 57 percent of Americans wash for a mere five to 15 seconds. To clock at least 20 seconds, as recommended by the Centers for Disease Control and Prevention, sing “Happy Birthday” to yourself not once, but *twice*, says Susan J. Rehm, M.D., medical director of the National Foundation for Infectious Diseases.

A hand sanitizer containing at least 60 percent alcohol is okay in a pinch, but soap and water are ideal; get in two full choruses and those germs won’t live to see their next birthday.