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Mill Creek Enterprise



Enterprise/CHRIS GOODENOW

Enterprise/CHRIS GOODENOW At Silver Firs Elementary: A student displays her hands under a blacklight after washing "Glo Gel" off of them, Tuesday, Feb. 27. The school has been using the gel to teach students how to properly wash their hands. After the gel is applied and washed off, a blacklight illuminates the gel where it was not removed. This student is very good at handwashing, so there is very little evidence of the gel.

Hand washing best defense against flu

Enterprise staff

The days are getting longer, but cold and flu season is not over. One of the best ways to prevent sickness is by washing hands as often as possible, but many people don't wash their hands for maximum effectiveness, according to health officials.



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After applying "Glo Gel" to her hands, second-grader Alyssa Soucy washes it off in the school sink, Tuesday, Feb. 27, at Silver Firs Elementary School in Vicki Pawlitschek's second-grade class. Also pictured are classmates Riley Davis (far left) and Hannah Aho.

Here are some hand-washing tips from the Snohomish Health District:

- Turn on warm water
- Apply soap to hands
- Rub soap over tops and palms of hands and around fingernails. Scrub hands for about 20 seconds.
- Rinse with running water.
- Dry with clean, disposable towel.
- Repeat the process if preparing food.

Debbie Brown, health room assistant at Silver Firs Elementary, suggests turning the faucet off with a disposable towel as well.