

Tips for Healthy Hand Washing

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

How should you use hand sanitizer?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

NOTE: Hand sanitizers are not effective when hands are visibly dirty.

Source:

For more information on hand washing, please visit CDC's Handwashing website. You can also call 1-800-CDC-INFO, or email cdcinfo@cdc.gov for answers to specific questions.

New Year Resolutions?

Did you know that fewer than 10% of people who set New Years' Resolutions actually achieve them? How can you ensure YOUR success? Try using the Top 10 Tips below.

- Write Them Down
- Commit
- Go Public
- Get Accountability
- Make A Plan
- Do a Goal Check-In
- Get Real!
- Focus with Reminders
- Believe and Visualize
- Use Anchors

May this year be the year that your goals and dreams manifest with ease and joy!

Source:
http://EzineArticles.com/?expert=Amy_Ahlers

**Happy New Year from
Everyone at Hawthorne
Pharmacy and Medical
Equipment!**

New and Improved...

Some exciting changes are happening at Hawthorne Pharmacy. In an effort to better serve you, the compounding facilities from our Sunset Boulevard and Taylor Street locations will be combining into a new state of the art laboratory.

The new facility will be located in the downtown area of Columbia, but you will still be able to pick up your prescription at any of our locations. In order to prevent any inconvenience to you, we ask that you call in your refills at least 24 hours in advance and that you clearly state where and when you would like to pick up your prescription.

We anticipate this change occurring around the first of February. If you have any questions, please do not hesitate to ask our staff! As always, thank you for allowing us to help you get well quicker!