

Soundbite Script – The power to fight germs is in your hands

Breanne Gendron, nurse practitioner, OSF HealthCare

"I was surprised to learn that only half of people wash their hands at key times, because as a nurse, that's the first thing they teach us – hand washing. Because they want us to keep our patients healthy. Bacteria and viruses live on surfaces and people, and we need to wash our hands, so we don't spread them amongst each other." (:24)

Breanne Gendron, nurse practitioner, OSF HealthCare

"The most important times to protect yourself is before you eat. You're exposed to an exponential number of bacteria when you use the bathroom, just because of how our body's waste system works." (:11)

Breanne Gendron, nurse practitioner, OSF HealthCare

"The most important thing is, when you're washing you make sure you're scrubbing in between all the backs, the tops, all the parts of your hands and then rinse, just making sure you're hitting all of it." (:10)

Breanne Gendron, nurse practitioner, OSF HealthCare

"It's just the easiest way to remain healthy. If you wash your hands after you go to the bathroom and before you eat, you're just giving yourself such a leg up on avoiding infecting yourself with something or people that you love and are around. It's easy, so wash your hands." (:18)