

Soundbite Script – The Dirt on Not Washing Your Hands

Dr. Divyesh Morker, OSF HealthCare Family Practice Physician

“Handwashing is extremely important and we always recommend washing your hands. It’s come into light because of the whole COVID situation. We shouldn’t forget things that it can prevent. Things like eye infections, skin infections, diarrhea, upper respiratory infections of course we know about. But all of those things are very, very important as far as prevention is concerned.”

Dr. Divyesh Morker, OSF HealthCare Family Practice Physician

“I think everyday life and everyday problems supersede or overcome general stuff that we should do. People come in for diabetes, people come in for high blood pressure and infection prevention falls by the wayside sometimes. It lends more focus on other subjects. It’s important for us as physicians and providers to have patients really focus on washing their hands and prevention more than anything else.”

Dr. Divyesh Morker, OSF HealthCare Family Practice Physician

“Sepsis is really on the spectrum of infections the worst type of infection that you can get. Things like skin infections. We carry staph infections which is a bacteria that is on our skin all the time. Let’s say if someone gets a wound and you have hands that you haven’t washed and if you touch that wound it has the potential of getting infected. If you let that infection fester, it will eventually turn into sepsis. And sepsis is, obviously, a very, very significant and severe infection of the body, which a simple thing like washing your hands can prevent.”

Dr. Divyesh Morker, OSF HealthCare Family Practice Physician

“And that’s something that everyone should engrain into their minds. This pandemic, obviously, has heightened the need and importance of handwashing. But even when the pandemic is over, even when this COVID-19 pandemic is behind us, I encourage everyone to keep that as their primary source of remembering to wash your hands every single day, multiple times per day as a prevention method to prevent common illnesses and bacteria.”