

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

December 2016

WASH YOUR HANDS DECEMBER IS HAND WASHING AWARENESS MONTH

With winter quickly approaching and the flu season in full swing, let's make sure we are taking every precaution seriously. Even with all the modern medical advances, nothing can combat the spread of winter illnesses like soap, water and a good hand scrubbing!

Hand washing is one of the best ways to protect you and your family from getting sick.

Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

When should you wash your hands?

Feces (poop) from people or animals is a potent carrier of germs. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs. Help stop the spread of germs by washing your hands often, especially during key times listed below.

- 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?

Follow the five steps below to wash your hands the right way every time.

- Wet your hands with clean, running water, turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Also lather the backs of your hands, between your fingers, and under your nails.
- Scrub 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 clean, running water.
- Dry your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. 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.

Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Furthermore, hand sanitizers might not remove harmful chemicals like pesticides and heavy metals from hands. Be cautious when using hand sanitizers around children; swallowing alcohol-based hand sanitizers can cause alcohol poisoning if a person swallows more than a couple mouthfuls.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

For more information on handwashing, please visit CDC's Handwashing website. You can also call 1-800-CDC-INFO or contact CDC-INFO for answers to specific questions.

DINNER PARTY READY DARK CHOCOLATE AND PISTACHIO-COVERED APRICOTS

A WONDERFUL, GUILT-FREE TREAT, PERFECT FOR ANY TIME OF YEAR.

These treats are perfect in the summer for a college graduation party, in the winter as Christmas gifts, and look really nice alongside a cheese plate for a New Year's Eve party!

Ingredients

- 3½ ounces dark chocolate, broken into pieces
- 40 dried apricot halves
- 1½ ounces roasted salted pistachios, finely chopped

Directions

- Line a cookie sheet or glass dish with waxed paper or parchment paper.
- Create a double-boiler: Fill a large pot with one inch of water, place the pot on the stove, then place a smaller pot inside the larger one, making sure that the bottom of the smaller pot is not touching the water in the larger pot. Heat the larger pot on medium heat.
- Add chocolate pieces to the smaller pot and stir continuously. When chocolate has melted, dip dried apricots halfway into the chocolate.
- While the chocolate is still wet, dip the apricots into the chopped pistachios.
- Place apricots on lined cookie sheet. Repeat for all apricot halves.
- Place cookie sheet in refrigerator for at least one hour to ensure chocolate has hardened.



Nutrition Information

(Per chocolate pistachio apricot):

42 calories, 1.5g fat, 6.4g carbohydrate, 1g fiber, 0.6g protein

Recipe by Kristen Robinson, RD, LD



DECEMBER WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH CANNON Y BRANCH

Meet with the RN Erin Coggins

December 14, 2016 | 9-11am
Harrisburg Branch

December 19, 2016 | 9-11am
Kannapolis Branch

December 22, 2016 | 9-11am
West Cabarrus Branch

Meet with the Nutritionist Alicia Knetsche

December 6, 2016 | 9-11am & 5-7pm
Harrisburg Branch

December 14, 2016 | 9-11am
West Cabarrus Branch

December 15, 2016 | 9-11am
Kannapolis Branch