

GLOBAL HANDWASHING DAY
DR. KIM MCMILLIN, PRIMARY CARE, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

THINK OF ALL THE TIMES YOU'VE EVER COME DOWN WITH A COLD OR FLU...
NOW- WHAT IF THERE WAS A PROVEN METHOD OF PREVENTING THOSE
ILLNESSES FROM HAPPENING... ABOUT TWENTY PERCENT OF THE TIME?

{**TAKE VO**}

TRT:

WELL, THERE IS- AND IT'S HANDWASHING.

TODAY IS GLOBAL HANDWASHING DAY... THE CDC ESTIMATES THAT WASHING
WITH SIMPLE SOAP AND WATER PREVENTS ONE OF OUT FIVE COLDS AND IS
EVEN MORE EFFECTIVE AGAINST OTHER TYPES OF ILLNESSES.

BAYLOR SCOTT AND WHITE PRIMARY CARE DOCTOR KIM MCMILLIN SAYS IT
SEEMS SIMPLE- BUT JUST SOAP AND WATER CAN HELP KEEP YOU HEALTHY
THIS COLD AND FLU SEASON.

{**TAKE SOT**}

DR. KIM MCMILLIN

BAYLOR SCOTT & WHITE

TRT: 16

Not saying it's going be perfect and you're never gonna get a respiratory infection or
you'll never get the stomach flu if you will just wash your hands a lot. But the chances
are very good that you can prevent a lot of these issues if you'll wash your hands.

{**ON CAM**}

[THE C-D-C SAYS TO KEEP HANDS CLEAN- SCRUB FRONT, BACK AND
UNDERNEATH NAILS FOR AT LEAST TWENTY SECONDS.](#)

USING SOAP AND WATER IS THEIR RECOMMENDATION- BUT HAND SANITIZER
IS AN EFFECTIVE BACK-UP.