

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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183 WORDS, 60 SECONDS

## HEALTH HINTS

GOOD HAND WASHING TECHNIQUES HAVE BEEN ENCOURAGED BY NUMEROUS HEALTH ORGANIZATIONS, INCLUDING THE CENTERS FOR DISEASE CONTROL, AND NOT ONLY IN THE WAKE OF NATURAL DISASTER, BUT ALSO IN EVERYDAY LIFE. YET ONE STUDY BY THE BAYER PHARMACEUTICAL DIVISION AND WIRTHLIN WORLDWIDE RESEARCH FOUND THAT ONLY ABOUT A THIRD OF PEOPLE WASH THEIR HANDS IN PUBLIC REST ROOMS. THAT MAY BE BECAUSE PEOPLE ARE WORRIED ABOUT TOUCHING GERMS ON THE REST ROOM SINK. TO HELP, EXPERTS ADVISE USING A PAPER TOWEL TO TURN THE WATER ON AND OFF AND TO OPEN THE RESTROOM DOOR. AND HOW LONG SHOULD A HAND WASHING LAST? ABOUT FOUR STANZAS OF THE SONG "ROW, ROW, ROW YOUR BOAT," ACCORDING TO REGENT MEDICAL'S DIRECTOR OF CLINICAL AFFAIRS, CAROLYN TWO-MEY. SHE SAYS WASHING HANDS HELPS PREVENT THE SPREAD OF DISEASE AND IS ESPECIALLY IMPORTANT FOR HEALTH CARE WORKERS AND OTHERS WORKING IN AREAS WHERE COMMUNICABLE DISEASES ARE COMMON. SHE SUGGESTS USING A WASH SUCH AS HI-BI-CLEANSE OR HI-BI-STAT, BOTH OF WHICH CONTINUE TO KILL GERMS ON THE HANDS, LONG AFTER A PERSON FINISHES WASHING. FOR MORE INFORMATION, VISIT [REGENT-MEDICAL--DOT--COM](http://REGENT-MEDICAL--DOT--COM).