

# Safety Bulletin

## Hand Washing OIF SB-014



Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should – even after using the latrine. While stationed in Iraq, your hands accumulate germs and bacteria through everyday activities. This can lead to many health problems. Some of these include infectious diarrhea, the common cold, and parasitic infections.

Many of these can be eliminated by simply washing your hands.

- **Wash hands or use an alcohol-based hand sanitizer after using the latrine. This just isn't healthy, but considerate of others.**
- **Wash hands prior to eating.**
- **Keep unwashed hands away from mouth and eyes.**
- **When handling detainees or Local Nationals in operations use gloves. Be sure to wash hands or use sanitizer after all operations.**

