

Learn proper hand washing – through CSI

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PROPER hand washing can go a long way towards preventing the spread of communicable diseases.

As infections can be easily spread through handshakes and touching dirty surfaces, such as tabletops and personal belongings, washing one's hands properly will help prevent the transmission of germs.

And, in the light of the swine flu problem, hand washing has become even more important than before.

Said Professor Philip Choo, chairman of the medical board at the Tan Tock Seng Hospital (TTSH): "One common (way for) influenza to spread is through hand contact...(so), if we practice hand hygiene, we'll definitely go a long way (towards) containing some of the issues and problems."

To promote hand hygiene, TTSH has launched a campaign with a catchy tagline Clean, Safe, Infection-free, or



STAY CLEAN, WIN PRIZES: Tan Tock Seng Hospital is looking for "champions" to show proper ways to wash hands. They stand to win prizes such as a Subaru Impreza (above). (PHOTO: TAN TOCK SENG HOSPITAL)

CSI, a reference to the popular television drama series Crime Scene Investigation.

As part of the campaign, 223 "hand-hygiene champions" from TTSH will be on the lookout for patients, staff and members of the public who correctly demonstrate the proper steps of hand washing.

They stand to win a brand new Subaru Impreza sedan car and other prizes – ranging from a plasma television set to vouchers from Takashimaya – in a lucky draw.

Demonstrations on right hand-washing techniques will be held at the TTSH Atrium from now till May 22.

The public will also have a chance to participate in the lucky draw when demonstrations are conducted at the United Square shopping mall in June.

Winners of the lucky draw will be announced on July 10.

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