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The Importance of Hand Washing on Regional Campus

Katelynn R. Dowdy
Murray State University

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The Problem:
The rarity of proper hand hygiene is a large issue for all college campuses. Students are exposed to not only a learning environment, but they are also getting exposed to germs and viruses that can be easily passed not only between students, but faculty as well, keeping them from their studies and jobs. Caused by many factors and affecting many students, good hand hygiene practices are difficult to perform due to time constraints and the lack of sinks in most classroom environments. The transmission by hand is one of the main causes of common cold, influenza, Salmonella, E. Coli, and many other bacteria and viruses. Therefore, everyone on campus is affected by this growing issue. As the lack of hand sanitation rises, the risk of the rapid spread of germs, disease, and infections increase throughout the campus.

Research Methodology:
Photovoice is a participatory research “technique that allows individuals to photograph their everyday realities and highlight factors that may enhance or diminish their individual health status or that of the community” (Doyle, et. al, 2010).

Conclusions & Recommendations:
It’s good to start introducing hand washing at an early age and describe the importance of it. You can have kids do fun, creative things such as singing while washing their hands, get fun shaped soaps, or have them use foam soaps. With the older generation, it is best to get more serious, maybe by showing a documentary on the diseases that are transmitted from a lack of hand hygiene. Handwashing is something that helps prevent sickness, stops the spread of germs, diseases, and infections, and by doing this one simple task, it will be beneficial in the long run for yourself and those around you.

Resources Available:
- Faculty advocating the importance of hand washing
- On campus documentation
- Hand sanitizing stations
- Local health departments, hospitals, and clinics for more information

References: