

Stay Healthy - Increase Your Handwashing this Holiday Season

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(Astoria, OR) — Since holiday season activities often bring people into more contact with others, Clatsop County Department of Public Health is reminding residents about a simple way to stay healthy while celebrating and spending time with loved ones.

Washing your hands well is the simplest way to avoid respiratory infections and foodborne illnesses.

Diseases that can be prevented by handwashing include Shigella, Giardia, Norovirus, flu, COVID, and many other microorganisms.

Pregnant women, children, people with chronic conditions and houseless individuals are especially vulnerable. Handwashing often can help to keep you and everyone else safe.

[Wash your hands](#) for with soap and water during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **After** feeding pets
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** touching garbage
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** blowing your nose, coughing, or sneezing

If you feel sick, stay home. Do not go to work, school, and other gatherings.