



# K-State Extension Connection

## Twenty Seconds That Could Save Your Life

Barbara L. Ames

Wildcat District Extension Family and Consumer Sciences Agent

**Want to avoid getting sick?** Did you know that the best way to protect your health and prevent spreading germs that can cause infections and disease is inexpensive, easy and quick? It's as simple as washing your hands with soap and water for 20 seconds!



**Handwashing is like a "do-it-yourself" vaccine**, says the United States Centers for Disease Control and Prevention (CDC). Wet, lather, scrub, rinse, and dry are five simple and effective steps you can take to reduce the spread of diarrheal and respiratory illness. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

### Dirty Business

When should you and your family wash your hands? The CDC recommends hand washing in these situations:

- Before eating, or feeding a baby
- Before, during and after handling or preparing food
- After using the toilet or changing a diaper
- After sneezing, coughing or blowing your nose
- Before and after tending to someone who is sick
- After touching a pet or a pet's waste, leash, toys or food
- After touching garbage or anything dirty or contaminated
- Whenever they look dirty

### Hand Washing Tips

Turn on the faucet and wet your hands. Turn off the faucet. Use soap. Rub your hands together for 20 seconds (about the time it takes to sing the "Happy Birthday" song two times). It takes

that long to remove the germs. Rinse off the soap well with running water. Do not touch the sink with your hands. If possible, shut off the faucet using a clean towel. Dry your hands with a clean towel or air dry them. Do not rub your hands on your clothes.

### **Hand Sanitizers**

If your hands are not visibly dirty or greasy, and soap and water are not available, use a disposable wipe or a hand sanitizing gel with at least 60% alcohol to clean your hands. They are not as effective as soap and water, particularly when your hands are visibly dirty or greasy, and they don't eliminate all types of germs. You can use hand sanitizers anywhere, and if your hands are not visibly dirty, they can quickly reduce the number of germs on your hands. The amount of gel needed varies by product, so follow the instructions on the label. Rub the sanitizing gel all over your hands and fingers until your hands are dry.

### **Wash Often and Well**

Use soap and water frequently. Clean the backs of your hands, fingertips, fingernails, thumbs, and in between your fingers. Wash well to get rid of the germs that can make you sick and spread to other people. Find out more about handwashing at <http://www.cdc.gov/handwashing/>

**It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs of course.**

For more information about this topic or other topics, contact the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

K-State Research and Extension is an equal opportunity provider and employer.

## Our Favorite Chicken Noodle Soup

Even though it sounds too good to be true, chicken noodle soup can actually help you get well faster when you are suffering from the head and chest congestion that comes with cold and flu season. The hot broth can clear congestion and ease a sore throat; it also provides the fluids that our bodies need more of when we are sick. The chicken provides protein, which our immune system needs to fight off the germs. And the vegetables and whole grain noodles provide vitamins and minerals that boost our immune systems.

So, keep this soup at the ready to help your family fight off colds and flu this winter. It freezes well, so put some in freezer containers just in case there is a time you are not feeling well enough to cook.

**Serving Size:** 1 1/3 cups

**Serves:** 6

**Cost Per Serving:** About \$0.60

### Ingredients:

- 2 chicken leg quarters
- 6 cups water
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 cup chopped celery (about 1 rib)
- 1/2 cup chopped onion (about 1/2 onion)
- 2 cups sliced carrots (about 4 carrots)
- 2 cups whole grain wide egg noodles (2.5 ounces)



### Instructions:

1. Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165°F (10-15 minutes).
2. While chicken is cooking, clean and chop vegetables.
3. Take chicken out of water with tongs or fork. Cool in refrigerator about 5 to 10 minutes.
4. Add parsley, Italian seasoning, pepper, salt, celery, onion, and carrots to the pot of hot water.
5. Once chicken is cool enough to handle, remove bones and skin from chicken and discard. Cut meat into bite-sized pieces and add to the pot of hot water. Bring to a boil.
6. When water is boiling, add noodles. Cook according to package directions or about 5 minutes.

### Tips:

- Any chicken part may be used for this recipe. If using boneless, skinless chicken breasts, use only 3/4 pound.
- Soup freezes well. Make ahead and freeze for a cold or sick day.
- Other seasoning may be used instead of the parsley and Italian seasoning.
- If you like, remove chicken skin before cooking. This will decrease fat and calories slightly.

**Nutrition Facts per serving:** Calories 280; Total fat 4.5 g; Sat. fat 1 g; Cholesterol 80 mg; Sodium 350 mg; Carbohydrate 32 g; Dietary Fiber 5g; Sugars 3 g; Protein 27 g, Vitamin A 140%; Vitamin C 6%, Calcium 6%, Iron 15%.

*Source: Justine Hoover, R.D.; Spend Smart. Eat Smart. Iowa State University Extension.*  
<http://blogs.extension.iastate.edu/foodsavings/2016/01/04/our-favorite-chicken-noodle-soup/>