

Clean Hands – Better Vacations

What's a good vacation? If you could picture an incredibly perfect trip what would it look like? Do you see yourself sitting on a hotel toilet with a bucket in front of you watching horrible things come out of both ends? Would it involve lying in bed (by yourself) trying not to move and praying to die? Do you picture ambulances and hospital emergency rooms?

No one pictures themselves diseased and incontinent on their ideal vacation. We all see ourselves as healthy and happy and looking fabulous. People who wash their hands while they are on vacation tend to stay healthier than people who don't wash.

When we get sick on vacation, particularly tropical vacations, we blame it on the food or the water when, in fact, our hands bring much of the sickness to us. When we handle the local money, or touch taxi door handles, or shake hands with locals and fellow travelers we are picking up viruses and bacteria from potentially hundreds of other people. If we don't wash those bugs off or use an alcohol hand sanitizer before we wipe our nose or rub our eyes we can infect ourselves, and ruin our perfect trip.

It is absolutely true that, all things being equal, hand washers have better vacations.

Travel well, have fun, wash often.