

# HIGH ROLLER NEWS



Vol. 93

March 2023

# March Drill Outlook

## March 2023 Drill High Roller Café

### Saturday

#### Lunch

1100-1230

#### Menu Items:

Corned Beef

Irish Stew

Cabbage

Glazed Carrots

Red Potatoes

Cheeseburgers

Chicken Wraps

French Fries

#### Additional Items:

Salad Bar

Assorted Desserts

### Sunday

#### Lunch

1100-1230

#### Menu Items:

Three Cup Chicken

Taiwanese Pork Chops

Egg Noodles

Steamed Rice

Spinach Banchan

Stir-Fried Cucumbers

Cheeseburgers

Chicken Wraps

French Fries

#### Additional Items:

Salad Bar

Assorted Desserts



IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

**Lunch Meal Rate \$6.85**

## Weather

Sat

Sun



41°

34°

26°

19°

## Upcoming Events

**8 April: The Hunt is on! Kids Easter Egg Hunt**

**10-16 April: MAFFS Spring Training**

**30 April - 5 May: Mustang Roller Readiness Exercise**

**13 May: Military Spouse Appreciation Lunch**

**19 August: Elks Pool Party**

**HIGH ROLLERS**

# Outstanding Airmen Recognized at Nevada Air National Guard Base

Story by: Senior Master Sgt. Paula Macomber

Photos by: Senior Airman Jakob Ivanick

152nd Airlift Wing Public Affairs Office



*Outstanding Airmen of the Year for 2022 along with Nevada Air National Guard leadership. 152nd Airlift Wing Command Chief, Chief Master Sgt. Jeffrey Linton; 152nd Medical Group Commander, Col. Eric Stringer; The Adjutant General, Nevada National Guard, Maj. Gen. Ondra Berry; Commander Nevada Air National Guard, Brig. Gen. Troy Havener; 1st Sergeant of the Year, Master Sgt. Michelle Rauch; Company Grade Officer of the Year, Capt. Vicenza Dall; Airman of the Year, Senior Airman Lea Williams; State Command Chief, Chief Master Sgt. Kevin Brun; Commander, 152nd Airlift Wing, Col. Evan Kirkwood; Commander, 152nd Intelligence Squadron, Lt. Col. Shawn O'Leary; and Commander, 232nd Combat Training Squadron, Lt. Col. Jay Baer.*



*The Mervin T. Johnson Memorial Safety Award presented to Staff Sgt. Meagan Wosick. L to R: Nevada National Guard Senior Enlisted Leader, Chief Master Sgt. Cameron Pieters; 152nd Airlift Wing Commander, Col. Evan Kirkwood, Staff Sgt. Wosick; Nevada National Guard Adjutant General, Maj. Gen. Ondra Berry.*



*The MXG Commander's Excellence Award went to Tech. Sgt. Paul Ivey. L to R: NV National Guard Adjutant General, Maj. Gen. Ondra Berry; NV National Guard Senior Enlisted Leader, Chief Cameron Pieters; 152nd Airlift Wing Commander, Col. Evan Kirkwood, Tech. Sgt. Ivey; and MXG Commander, Col. Cathy Grush.*



*The Air Force Association Outstanding Civilian of the Year for 2021 announced at the banquet was Fred Barton, the 152nd Airlift Wing's Military and Family Readiness Manager. The Adjutant General, Maj. Gen. Ondra Berry congratulates Fred Barton at the banquet.*

RENO, Nev. -- The Nevada Air National Guard recognized its top performers from 2022, during the annual Outstanding Airman of the Year Banquet on Feb. 4, 2023, at the Nevada Air National Guard Base.

The banquet was hosted by the Commander of the Nevada Air National Guard, Brig. Gen. Troy Havener. Dignitaries attending the annual event included the Nevada Adjutant General, Maj. Gen. Ondra Berry; Nevada National Guard Senior Enlisted Leader, Chief Master Sgt. Cameron Pieters; State Command Chief Warrant Officer, Chief Warrant Officer Steve Nielsen; Nevada Air National Guard State Command Chief, Chief Master Sergeant Kevin Brun; 152nd Airlift Wing Commander, Col. Evan Kirkwood; 152nd Airlift Wing Command Chief, Chief Master Sgt. Jeffrey Linton; 232nd Combat Training Squadron Commander, Lt. Col. Jay Baer; 152nd Intelligence Squadron Commander, Lt. Col. Shawn O'Leary; Ms. Diana Brown Sanfilippo daughter of Korea MIA 1LT Frank Salazar,

Nevada Air National Guard; and Ms A'Keia Sanders representing Senator Catherine Cortez Masto.

The Airman of the Year award went to Senior Airman Lea Williams, 232nd Combat Training Squadron, Tech. Sgt. Lea Laney, 152nd Civil Engineer Squadron, won the Noncommissioned Officer of the Year title and the Senior Noncommissioned Officer of the Year award went to Master Sgt. Jay Pascua, 152nd Medical Group. Master Sgt. Michelle Rauch, 152nd Logistics Readiness Squadron, won First Sergeant of the Year. Honors for Company Grade Officer of the Year went to Capt. Vicenza Dall, 152nd Logistics Readiness Squadron.

The winners will go on and represent the Nevada Guard at the regional level and then, if selected, the national level Airmen of the Year competitions.

Each unit and the State Headquarters Office also

**OAY cont. next pg.**



## OAY, cont.

selected their Commander's Excellence Awards.

"These awards are presented to deserving Airmen who were nominated by their Senior Leadership," State Command Chief, Chief Master Sgt. Kevin Brun said, "These Airmen are the individuals who have diligently and quietly gone about doing quality work in their jobs, regardless of payment or accolades. Our leadership values those who consistently and reliably perform the critical tasks that keep their respective units operating effectively and efficiently."

The award for the 152nd Mission Support Group went to the Communication's Flight Network Infrastructure Section; 152nd Operations Group recognized the Aircrew Flight Equipment Section; the 152nd Medical Group honored the Tactical Combat Casualty Care instructor team. The 152nd Maintenance Group recognized Tech. Sgt. Paul Ivey.

Tech. Sgt. Ivey selflessly assisted in the revamping of the 152nd Maintenance budget program; streamlining compliance and directly contributing to the success of the Group's ability to maintain the mission," said Col. Catherine Grush, Commander, 152nd Maintenance Group (MXG). "His contributions immediately impacted the ability to upgrade members in training, seamlessly sent Airmen on deployments and activations, totaling \$72,550 in Operations and Maintenance funds and \$130,080 in Annual Training funds." She further said, "Tech. Sgt. Ivey moved himself to Reno from Las Vegas to fully commit to his role, for the group, and more importantly, for the 152nd Airlift Wing. Without the tireless effort and commitment from him, the 152 MXG would have drastically fallen short of completing mission requirements directly impacting the ability of the Wing to successfully execute Federal and State missions."

The 152nd Airlift Wing selected the Judge Advocate team for their Commander's Excellence Award recipient. Staff Sgt. Sophie Denning was presented with the Commander's Excellence Award for the 152nd Intelligence Squadron. The 232nd Combat Training Squadron honored their Commanders Support Staff for the award and State Headquarters honored Master Sergeant Denice Tom.



*Attendees at the 2022 Outstanding Airmen of the Year banquet toasting in remembrance to those Prisoners of War (POW) or Missing in Action (MIA) brothers in arms at the Nevada Air National Guard Base in Reno.*

Around 230 members, family and civilians attended the banquet in the Base Dining Facility—a last minute change of venue.

Brun added, "One of the real benefits of leadership is that you can celebrate the amazing members of the Nevada Air National Guard. Across the Airlift Wing, the Intel Squadron, and the 232nd Combat Training Squadron, we have Airmen going above and beyond daily. I am honored to be part of this organization that cares for the members and their families. The ability of the leadership from the 152nd Airlift Wing, the Chaplain Corps, and Senior Master Sgt. David Hill's team in services allowed us to have a first-class event in the face of all the challenges that occurred in holding this event."

The Mervin T. Johnson annual Safety Award was also presented to Staff Sgt. Megan Wosick and Senior Airman Seth Cooke. The Recruiter of the Year was presented to Tech. Sgt. Kristina Bloodgood, and the Unit Career Advisor of the year went to Tech. Sgt. Cole Bates of the 152nd Intelligence Squadron. The Logistics Readiness Squadron's Clothing Issue team was presented with the Chief's award.

Good luck to all OAY winners as they go on to compete at the higher levels.





# Governor's Military Ball

*Saturday, April 15th, 2023*



U.S. AIR FORCE

## SILVER LEGACY GRAND EXPOSITION HALL

*407 N. Virginia St , Reno , NV 89501*

*Cocktails 1800*

*Dinner 1900*

*Meal Options: Choice of Beef, Chicken or Vegetarian*

*Attire: Mess Dress; Semi-Formal Class A or Formal*

*RSVP/Pay: <https://www.nganv.org/events>*

*Rooms Block available: <https://book.passkey.com/go/SRSNE23>*

### TICKET COST

E-1 - E-4:	\$30
E-5 - E-6:	\$40
E-7 - E-9:	\$50
CWO's:	\$50
Civilians	\$50
O1- O3:	\$50
O4- O-5:	\$60
O-6- Above:	\$65

Established 1947



# 192nd Airlift Squadron does NASCAR Fly Over

Story and Photos by: Senior Airman Thomas Cox  
152nd Airlift Wing Public Affairs Office



FONTANA, Calif – Sunday, February 27, 2023, a C-130 Hercules from the 192nd Airlift Squadron, Nevada Air National Guard, out of Reno, Nevada, performed a fly-over after the National Anthem for the Pala Casino 400 at Auto Club Speedway.

The crew consisted of three pilots, a navigator, flight engineer, two loadmasters, a crew chief from the 152nd Maintenance Group and a public affairs specialist from the 152nd Airlift Wing.

One of the loadmasters, Tech. Sgt. Matthew Fickus, was positioned on the roof of the grand-

stands at the speedway and was in constant contact with the aircrew to ensure that they hit their time on target right after the last note of the National Anthem.

The flyover was executed right on time, alongside cheers from the sold-out crowd. The crew was then invited to watch and enjoy the race before flying back to Reno the next morning.

This was the last race weekend at the 2-mile Auto Club Speedway before it closes down for about two years for renovations and a complete remodel of the track.





**2023**

# **JOINT MENTORSHIP PROGRAM**



## **WHAT IS THIS PROGRAM?**

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

## **WHAT ARE THE BENEFITS OF THIS PROGRAM?**

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

## **WHAT IS THE TIMELINE?**

-  Applications for Mentor and Mentee Deadline: 15 April
-  Mentor and Mentee Pairing: 28 April
-  Training for Mentors: 01 May
-  Pairing Ceremony Beginning of May
-  Mentorship Duration: May - December

## **HOW DO I SIGN UP?**

**INTERESTED IN BEING A MENTOR?**



**CLICK/SCAN HERE**

**INTERESTED IN BEING A MENTEE?**



**CLICK/SCAN HERE**





**BOBINSKY'S BOOK EXCHANGE**  
**NOW OPEN**

**PUBLIC AFFAIRS OFFICE**

**BUILDING 500 - ROOM 213**

BRING YOUR GENTLY USED BOOKS; LOOK THROUGH WHAT WE ALREADY HAVE!!

FOR MORE INFORMATION,  
CALL THE PA OFFICE:

**775-788-4515**





*What's happening in High Roller Country!??*

## RECENT PROMOTIONS

**FIRST FEMALE CHIEF IN MAINTENANCE!**



Senior Master Sgt. Jen. Harrell was promoted to Chief Master Sergeant last month! Congratulations Chief Harrell!



Master Sgt. Brandan Trehal was promoted to Senior Master Sgt. last month. Congratulations Senior Trehal!



Senior Airman Michelle Brooks was promoted to Staff Sergeant last month as well. Congratulations NCO!

## SAYING GOODBYE



Chief Master Sgt. Angela Ash retired last month from the Nevada Air National Guard. We wish her well in retirement.



Senior Master Sgt. Eric Howe also retired last month from the Nevada Air National Guard. We wish him well in his retirement.

Congratulations to all!

**HIGH ROLLERS**



U.S. AIR FORCE

# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

## SELF

Stress Management  
Physical Fitness  
Mental Fitness  
Spiritual Fitness  
Financial Services  
Wellness



## FAMILY & FRIENDS

Spouses  
Partners  
Friends  
Virtual Friends  
Family Members  
Mentors



## PEER/SOCIAL

Religious Groups  
MWR  
Shared Hobbies  
Professional Organizations  
Sports Teams  
Clubs  
Co-Workers



## SUPPORT ENTITIES

Chaplains  
Military & Family Readiness Center  
Victim Advocates  
Victims Counsel  
Employee Assistance  
Ops Support Teams  
True North  
Unit Leaders  
Military OneSource



## CLINICAL/MEDICAL HEALTH

TRICARE  
Mental Health Clinic  
Behavioral Health  
Counseling  
ADAPT



**We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.**

Visit <https://www.resilience.af.mil/>

for more information on resources available to you and your family.

\*Available resources may vary by installation.



# MILITARY SPOUSE *Appreciation Luncheon*

Saturday 13th May  
11am - 1pm  
Doors Open at 10:45am

152d Airlift Wing | Base Dining Facility  
1776 National Guard Way

Guest Speakers | Lunch | Prizes

Please RSVP by Friday 5th May

<https://invitations.afit.edu/inv/anim.cfm?i=715997&k=056047007250>



NEVADA NATIONAL GUARD



# JOIN US FOR THE 11TH ANNUAL

# POOL Party



**NEVADA NATIONAL GUARD  
FAMILIES PICNIC AND POOL PARTY**

**AUGUST 19, 2022**

**10:00- 3:00 PM**

**FREE HOT DOGS / HAMBURGERS WITH ALL THE TRIMMINGS WATER AND SOFT DRINKS.**

**ENJOY THE DAY...THE POOL...  
AND ...THE FOOD !**



NVANG  
MAINTENANCE  
GROUP, WILL BE  
SPONSORING  
"A WATER-GUN"  
COMPETITION  
DURING THIS EVENT

<https://einvitations.afit.edu/inv/rsvp.cfm?i=717827&k=056045017950>

**POC:**

Fred Barton  
M&FRPM

fred.barton@us.af.mil

OR

Ana Gauna

Soldiers and Family  
Readiness Specialist

ana.m.gauna.nfg@mail.mil

**SCAN ME**





# TEC-U

## LEADERSHIP CERTIFICATE PROGRAM\* ONLINE

### NOT THE TYPICAL 2-HOUR CBT!

### SIX MANDATORY COURSES

- PERSONAL/PROFESSIONAL DEVELOPMENT (1HR)
- INTRODUCTION TO LEADERSHIP (1HR)
- FUNDAMENTALS OF LEADERSHIP (2HRS)
- EFFECTIVE COMMUNICATION (1HR)
- CONFLICT RESOLUTION (1HR)
- FEEDBACK (1HR)

### TWO OPTIONAL COURSES

- BULLET WRITING (2 HRS)
- COACHING (1HR)
- CHANGE MANAGEMENT (1HR)
- TEAM CULTURE (1HR)
- DICHOTOMY OF LEADERSHIP (1HR)

### **EASY AS 1, 2, 3!**

1. THERE ARE SIX MANDATORY "CORE" CLASSES TO COMPLETE.
2. CHOOSE TWO OF THE "OPTIONAL" CLASSES TO COMPLETE.
3. COMPLETE A "CAPSTONE" STUDY, IN WHICH A SCENARIO WILL BE GIVEN TO ANSWER QUESTIONS ON HOW TO APPLY THE CONCEPTS AND PRINCIPLES LEARNED. THIS IS THE CULMINATION OF ALL THE PREVIOUS LESSONS.



**SIX MONTHS TO COMPLETE  
SIGN UP HERE:**

**[tec.mediashareiq.com](http://tec.mediashareiq.com)**



### **FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY**

Email: lawrence.mccoy.1@us.af.mil  
Superintendent, Learning Development  
TEC University  
McGhee Tyson ANGB, TN  
DSN: 266-3803 Comm: 865-336-3803  
Telework: 865-386-8391

\*This is a total force course,  
open to all services and civilians  
Bullet Writing Course is Air Force Specific




**Magellan**  
HEALTHCARE.

# Momentum

## Coping with seasonal changes

It's getting to be that time again—when daylight dwindles and temperatures tumble. The heaviness accompanying the transition to winter can challenge your body as you try to adjust to changes in light, temperature and weather.

However, there are steps you can take to minimize the gloom.

- **Go easy.** Acclimating to seasonal change takes about two weeks in people who are generally healthy.
- **Exercise regularly.** Regular workouts (even just walking) will help you stay strong and manage seasonal changes better.
- **Seek light.** Natural light improves your mood and is a natural source of vitamin D.
- **Drink water.** Staying well hydrated helps the body protect tissues and joints, keep the body's temperature normal and better weather seasonal changes.

*Additional sources: Healthwise, YogaBasics, VeryWellMind, NationalToday, 24/7 Wall St.*

## Discount Center

This season, save money on the products and services you use and value most. Your program includes access to LifeMart online shopping, offering savings (as much as 60%) on travel, entertainment, regional attractions, cars, and day-to-day essentials like groceries, food delivery and child care.

Contact your program

**24/7/365**

for confidential, no-cost help for you and your household members.

**Live Webinar**—Join our webinar on how to manage seasonal stress: *Thriving Through the Holidays*, on Wednesday, November 9. Register [here](#).

Air Force EAP  
**1-866-580-9078 (TTY 711)**  
[www.AFPC.AF.MIL/EAP](http://www.AFPC.AF.MIL/EAP)





## Mind Your Mental Health

# November is National Family Caregivers Month

This is a time to recognize and celebrate those who lovingly give baths, clean houses, shop for and comfort loved ones who are elderly or ill. Providing care is a supremely challenging role, and caregivers deserve our support and praise. If you're a caregiver:

- **Acknowledge and be proud of how much you do.** There's no such thing as a perfect caregiver, so just do your best to get through each day.
- **Take breaks.** Arranging for respite care services (via skilled caregiving coverage in-home or at a center) will give you much-needed time off.
- **Maintain good diet, sleep and exercise habits.** Make sure to eat balanced meals. Try not to give in to stress eating. Also, get enough sleep; strive for 7–8 hours per night.
- **Talk with others about your challenges.** A caregiving support group is a great way to share information, support and encouragement.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### How to practice yoga

- Yoga is a diverse collection of techniques and practices aimed at integrating the mind, body and spirit. It involves movement and breathing exercises. Many people practice yoga to improve overall health including flexibility, stress relief and physical fitness.
- Learn about beginning yoga, its styles and poses (asanas) via YouTube videos, books, or online or in-person classes. Start with short, straightforward yoga sessions including basic beginner's stretching postures, then gradually add more challenging postures.

## Managing Work-Life Flow

### Positivity and resilience

Resilience is an inner strength that helps you bounce back from life's difficulties. An important part of resilience is maintaining a positive, hopeful outlook. This doesn't mean intentionally ignoring problems; it means recognizing that setbacks are *temporary* and that you have the ability to navigate through challenges. When facing a difficult time, list possible ways you could adapt to the situation. Positively shift your focus from the impact of problems to what you will do next.

## Money Matters

### November 2022 financial webinar

#### How to Navigate Your Finances While Caregiving

Tuesday, November 8. Register here: [9 am PT](#) | [12 pm PT](#)

While caregiving can be a labor of love, it also can be challenging and overwhelming. Consider different caregiving scenarios and their associated budgeting, healthcare and estate planning implications. Review ways to cover current caregiving expenses while still enabling the caregiver(s) to fund their long-term goals.

# TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years





LEGACY

**HIGH ROLLERS**

WITH OVER 20 YEARS OF MILITARY SERVICE

If you have over 20 years military service and would like to be included on the new “High Roller Board” on the TV at the entrance of Building 56--make sure your Official Photo (Blues photo) is up-to-date and current. Let Public Affairs know and we will include your photo.





COMBATING TRAFFICKING IN PERSONS  
U.S. DEPARTMENT OF DEFENSE



**THERE'S NO ONE FACE**

VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY,  
SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS.



**RECOGNIZE INDICATORS**

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF  
FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

**REPORT SUSPICIONS**

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR  
LOCAL LAW ENFORCEMENT.

**ADDITIONAL RESOURCES INCLUDE:**

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DODIG.MIL/HOTLINE OR CALL TOLL-FREE

**800-424-9098**

NATIONAL HUMAN TRAFFICKING HOTLINE

**1-888-373-7888**

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>



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# Handwashing

## at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

## When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

## What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have shown that handwashing can prevent

**1 in 3**

diarrhea-related sicknesses and

**1 in 5**

respiratory infections, such as a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)