

Hand washing: An easy way to prevent infection

Hand washing is a simple habit, something most people do without thinking. Yet, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only NANA liquid hand wash. Learn the benefits of good hand hygiene with NANA liquid hand wash, when to wash your hands and how to clean them properly.



Benefits of NANA Liquid hand-wash

In order to understand the benefits of the antimicrobial liquid hand wash, it is important for consumers to know more about bacteria. Bacteria are commonly classified as either being **gram-positive** or **gram-negative**.

Everyone has bacteria on their skin. Scientists call them “resident flora” and these bacteria live naturally on the skin and are characterized as non-pathogenic, meaning they do not cause disease. Yet, some bacteria cause malodor or bad-smelling odors and should be kept in check.

Some strains of bacteria can cause infection and illness. They are often transient, meaning they travel between people in a variety of ways. Transient bacteria can get onto and into your body any number of ways and your hands are usually the easiest and most efficient carriers. Common ways bacteria can transfer to your body by touching your skin, eyes, nose or mouth area after:

- Changing a diaper
- Working out in gym
- Coming into contact with a sick person
- Using the toilet
- Touching surfaces where bacteria are present like door knobs and handrails and in common areas like kitchens and bathrooms.
- Touching animals or animal waste
- Blowing your nose
- Coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Handling garbage
- Using public restrooms, such as those in airports, train stations, bus stations and restaurants
- Before inserting or removing contact lenses
- Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- Before eating

NANA Liquid hand wash is unique in providing broad spectrum antimicrobial activity against members of both types of bacteria, gram-positive and gram-negative but is not active against all bacteria in these families. Unhealthy bacteria can be found in both classes. NANA is also effective against molds and yeasts. Examples of these micro-organisms include:

Gram-positive bacteria	Gram-negative bacteria	Molds and yeast
Bacillus subtilis	Escherichia coli	Candida albicans
Corynebacterium acnes	Klebsiella pneumoniae	Epidermophyton floccosum
Listeria monocytogenes	Proteus vulgaris	Trichophyton mentagrophytes
Staphylococcus aureus	Salmonella enteritidis	
Streptococcus saprophyticus		

Good hand-washing techniques include washing your hands with antibacterial hand wash. The combination of scrubbing your hands with antibacterial liquid hand wash and rinsing them with water loosens and removes bacteria from your hands.

NANA contains pH slight acidic formula richly contains the natural aloe essence, fully moistening and protects hands.

Aloe Vera

Aloe Vera has been used medicinally for over 6,000 years. The particular kind of Aloe Vera used for natural remedies has the Latin name Aloe barbadensis and its leaves contain a gel that is rich in therapeutic properties.

How does it work?

- Aloe vera has more than 200 biologically active agents. Saponins, which have an anti-microbial effect against bacteria, viruses, fungi and yeast.
- Aloe vera is a great skin moisturizer that helps to keep the skin supple by bringing oxygen to the cells and increases the synthesis and strength of skin tissue.
- It improves the skin's ability to hydrate itself, aids in the removal of dead skin cells and has an effective penetrating ability that helps transport healthy substances through the skin. It has fantastic moisturizing properties and is excellent for the skin because its pH value is almost identical to that of skin (slightly acidic). Aloe vera based NANA can help replenish and rejuvenate skin. Scientific analysis reveals a complex group of chemicals and enzymes that are biologically active in aloe vera.

How to wash hands with NANA Liquid hand wash?

Follow these instructions for washing with liquid hand wash:

- Moisten hands and apply liquid hand wash. Lather well.
- Rub your hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the back of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.

A simple way to stay healthy

Hand washing with NANA Liquid hand wash doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.