

Clean Hands Save Lives

Estimated global rates of handwashing after using the restroom are only 19%.

1 Introduction

Every day we touch hundreds of things that have millions of bacteria and germs. Keeping our hands clean and using good practices for hygiene is important for not only our individual health but the health of others. Clean hands spread less illness, even a common stomach bug that spreads to a child can be deadly.

2 Facts

You should consider the following to have an understanding of the importance of washing your hands.

- Germs from unwashed hands can be transferred to fluids and foods, multiply and can be consumed to cause harmful illness
- Germs spread from common surfaces and public use
- Germs can enter the body through the mouth, eyes, and nose from direct hand contact

3 When to Wash

You should always be mindful of cleanliness especially when it comes to your hands. It is especially 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 blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage.

4 How to Wash

The Center for Disease Control maintains the best process for hand washing is as follows:

- Wet your hands with clean, running water, and apply soap
- Lather your hands, ensuring soap is applied to the backs of your hands, between fingers, and under nails
- Scrub your hands for 20 seconds
- Rinse your hands well under clean running water
- Dry your hands with a clean towel or allow to air dry

Did you know?

Hand sanitizers without at least 60% alcohol don't consistently kill germs

For more information and supportive resources, please visit

<https://www.cdc.gov/handwashing/index.html>

References:

<https://www.cdc.gov/handwashing/why-handwashing.html>

<https://www.cdc.gov/handwashing/faqs.html>