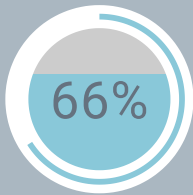


Handwashing Fact Sheet

Keeping your hands clean is one of the most important things you can do to stay healthy and stop the spread of germs.



The amount of people who stated that they wash their hands after using a public restroom ³



The amount of people who actually wash their hands after using the restroom ³

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Many diseases and conditions are spread from people not washing their hands with soap and clean, running water. Handwashing is a win for everyone --- except the germs.

FIGHT GERMS BY WASHING YOUR HANDS!

A diagram illustrating the six steps of proper handwashing. Each step is shown in a separate panel with an illustration and a numbered label. Step 1: Wet your hands. Step 2: Soap. Step 3: Lather and scrub - 20 sec. Step 4: Rinse - 10 sec. Step 5: Turn off tap. Step 6: Dry your hands. A separate box titled 'DONT FORGET TO WASH:' lists: - between your fingers, - under your nails, - the tops of your hands.

Women consistently wash their hands more than men ¹



Why Wash Your Hands?

Washing hands prevents illnesses and the spread of infections to others and helps battle the rise in antibiotic resistance

Germ's Are Everywhere

Feces (poop) from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or if it was touched by some other contaminated object. ²

HANDWASHING CAN PREVENT

30%

OF DIARRHEA-RELATED ILLNESS ²

and

20%

OF RESPIRATORY INFECTIONS ²

- People frequently touch their eyes, nose, and mouth without even realizing it, allowing germs to get into the body and make us sick
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands

Reduce Antibiotic Resistance

Preventing sickness reduces both the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Antibiotics often are prescribed unnecessarily for these health issues. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. ²



Sources:

1. https://msutoday.msu.edu/_/pdf/assets/2013/hand-washing-study.pdf

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

3. https://www.huffingtonpost.com/entry/5-surprising-facts-about-handwashing_us_561fca57e4b050c6c4a491bb