

HANDWASHING FAST FACTS



Handwashing is the single most important means of preventing the spread of infection!

20 seconds

is the length of time recommended to effectively wash your hands

Need a timer? Hum the "Happy Birthday" song twice


It is estimated that if everyone routinely washed their hands, **one million deaths** a year could be prevented¹

Studies have shown that handwashing can prevent **1 in 3** diarrhea-related sicknesses²

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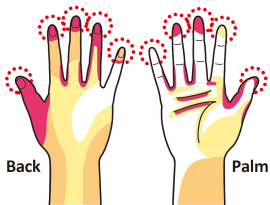
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WARRIORS WASH THEIR HANDS!

AREAS MOST OFTEN MISSED:



Back

Palm

-  Most Often Missed
-  Often Missed
-  Less Often Missed



STEP 1
WET



STEP 2
SOAP



STEP 3
SCRUB



STEP 4
RINSE



STEP 5
DRY

Follow the 20-Second Rule!

- Wet your hands with clean, running water, and apply soap
- Lather your hands by rubbing them together with the soap
- Scrub your hands for at least 20 seconds
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air dry them

