

FREE downloadable resources included

WHY YOU SHOULD WASH YOUR HANDS: THE FACTS

Data from:



IF EVERYONE WASHED THEIR HANDS THIS WOULD HAPPEN



1 MILLION LIVES COULD BE SAVED*

50% REDUCTION OF DIARRHEAL DISEASE



16% REDUCTION OF RESPIRATORY INFECTION



BUT ONLY **68%** OF WOMEN AND **38%** OF MEN SAY THEY WASH THEIR HANDS REGULARLY.



* <http://www.who.int/mediacentre/factsheets/fs310/en/>

WHEN 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 TOILET



AFTER CHANGING DIAPERS OR CLEANING UP A CHILD WHO HAS USED THE TOILET



AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING



AFTER TOUCHING AN ANIMAL, ANIMAL FEED, OR ANIMAL WASTE

HOW TO WASH YOUR HANDS



WET YOUR HANDS WITH CLEAN, RUNNING WATER (WARM OR COLD), TURN OFF THE TAP, AND APPLY SOAP.



LATHER YOUR HANDS BY RUBBING THEM TOGETHER WITH THE SOAP. BE SURE TO LATHER THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, UNDER YOUR NAILS AND UP YOUR WRISTS.



RUB YOUR HANDS FOR AT LEAST 20 SECONDS. NEED A TIMER? HUM THE "HAPPY BIRTHDAY" SONG FROM BEGINNING TO END TWICE.



RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.



DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

3 COMMON MISTAKES

1) WASHING YOUR HANDS IN WATER THAT HAS PREVIOUSLY BEEN USED.

use clean running water



2) NOT USING SOAP TO WASH YOUR HANDS.

Soap helps to remove germs better than water alone.

3) NOT WASHING THE BACK OF HANDS AND NAILS.

A high concentration of germs are found under the nails.



FREE Posters to prompt people to wash their hands