

Your Health in Your Hands

Importance of Hand Hygiene

Worldwide, an estimated **19%** of people properly wash their hands after using the toilet.

That means a whopping **81%** need to do better.

Which group are you in?

Why should you wash your hands?

Washing your hands reduces:

Risk of respiratory illness by **16% to 21%**

Risk of diarrheal illness by **23% to 40%**

Risk of diarrheal illness in people with weakened immune systems by **58%**

Days of school missed by children due to gastrointestinal illness by **29% to 57%**

How should you wash your hands?



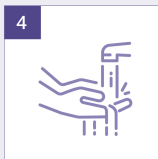
Wet your hands with clean water. Apply one pump of soap.



Lather your hands by rubbing them together, fronts and backs.



Scrub your hands for 15 to 20 seconds. Or, sing "Happy Birthday" twice.



Rinse well with clean water.



Dry using a clean towel or air.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.



Some lotions can cancel out the cleansing effects of gel hand sanitizer. Check the compatibility of your products.

When should you wash your hands?

- ✓ Before and after preparing or eating food
- ✓ Before and after having physical contact with someone who is sick
- ✓ Before and after treating a wound (on yourself or someone else)
- ✓ After coughing, blowing your nose or sneezing
- ✓ After using the toilet
- ✓ After touching or feeding an animal, their food or their waste
- ✓ After touching garbage
- ✓ After cleaning up after a child's bodily functions
- ✓ After using public transportation