

## Fun Facts About Hand Washing



1. Hand washing is one of the most effective ways to prevent the spread of disease. Whether you use just water, soapy water, hand sanitizer or other means, we are cleaning our hands to try and rid them of dirt and germs.
2. Respiratory illnesses, in particular *influenza (flu)* and the *common cold* are often transferred by touch. This happens when an infected person touches their nose, mouth and eyes, or coughs and/or sneezes into tissue and so on. Then without having washed their hands, they proceed to touch other objects and people leaving their germs on that object or person.
3. Since hand washing has been proven to help stop the spread of disease, it does not come as a surprise that it is especially important that anyone that works in the health industry as well as with children should frequently wash their hands. Children should also wash there hands frequently while at school and at home when playing with friends and when ill.
4. It is also important to wash your hands often when you are sick when you cough or sneeze, to prevent from getting others around you sick. You should clean surfaces often at home, work, or school when you know there is sick people around or when you yourself are sick to help stop the spread of disease and germs right in there tracks.



### How to properly wash your hands

1. Wet your hands with running water. It can either be warm or cold. clean , running water is more important than the temperature.
2. Lather up your hands with either liquid, bar or powder soap. Studies have shown that antibacterial soap is not any better than regular soap.
3. Rub and scrub your hands, from palm to palm for at least 20 seconds (as long as it takes you to slowly sing the ABC song once or the happy birthday song twice).
4. Rinse all the soap and germs away. Rinsing is ultimately how you get rid of all the germs off your hands, so it's really the most important part.
5. Dry your hands with a dry, clean paper towel if available. Studies have not proven what form of drying is best; paper towels, air dryer, or cloth hand towels, so use whatever is available or what you prefer.
6. Turn off the faucet with your paper towel. You might also want to open the bathroom door with a paper towel when you're ready to leave.