

# HANDWASHING FACTS

## DON'T GET SICK

- 80% of communicable diseases can be transferred by touch (person-to-person contact).
- Washing your hands a few times a day can reduce diarrhea rates by 40%.
- Touching your face with dirty hands spreads sicknesses like pneumonia, a cold, and the flu.
- Studies show that people who wash their hands have 24% less sick days because of respiratory illness, and 51% fewer sick days due to sick stomach.



## GROSS STATISTICS

- Less than 75% of women and less than 50% of men wash their hands after using the bathroom.
- An estimated 33% of people don't use soap when washing their hands.
- Damp hands are 1,000 times more likely to spread bacteria than dry hands, yet only 20% of people dry their hands after they wash them.
- Only 20% of people wash their hands before preparing food, and 39% before eating food.

## WHEN TO WASH

- The two most important times to wash your hands are before and after preparing food, and after going to the bathroom.
- Wash your hands during these key times:
  - Before, during, and after preparing food.
  - Before and after eating food.
  - Before and after treating a cut or wound.
  - After using the toilet.
  - After blowing your nose, coughing, or sneezing.
  - When switching between raw animal food and ready-to-eat food.
  - After handling soiled utensils or equipment.
  - After engaging in other activities that contaminate the hands.



## HOW TO WASH



- Most bacteria on our hands is under our fingernails, so when you're washing, be sure to scrub underneath them.
- Wet your hands with clean, running water, and apply soap.
- Lather your hands by rubbing them together with soap, the backs of your hands, between the fingers, and under your nails.
- Scrub your hands for at least 20 seconds (hum the "Happy Birthday" song twice).
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dryer.