1

Handwashing is the single most important way **to prevent the spread of infection.**

2

On average, you come into contact with 300 surfaces every 30 minutes, exposing you to **840,000 germs.**

3 Only about **5%** of people wash their hands correctly.

4

Most bacteria on our hands is on the fingertips and under the nails. The number of bacteria on our fingertips doubles after using the bathroom. Most people wash the palms of their hands and miss everything else.

5 Around **33%** of people don't use soap when washing their hands.

6

There is fecal matter on 10% of credit cards, 14% of banknotes and 16% of cellphones.

7

The average person touches their face about 18 times an hour, and studies show that bacteria from those touches often end up on other parts of the body.

8 Another study found that washing your hands with soap and water can reduce cold symptoms by as much as 50%.

9

Handwashing could reduce foodborne illness by 50%.

10

A third study showed that handwashing reduced respiratory infections in children by almost 20%.

11

The most important time to wash your hands is after using the bathroom and before eating food.

12 Handwashing for 20 seconds is more than enough to remove 99% of bacteria from the skin.

13 But most people only wash their hands for 6 seconds.

14

*It's great to add hand sanitizers to your hygiene plan, but they don't kill the same amount of germs as regular soap and water does — **do both!**

Handwashing saves lives.

Valley DENTAL CLINIC

*The use of an alcohol gel hand sanitizer in the classroom provided an overall reduction in absenteeism due to infection by 19.8% among 16 elementary schools and 6,000 students. (https://www.cdc.gov/healthywater/hygiene/fast_facts.html)

Citation:

https://msutoday.msu.edu/news/2013/eww-only-5-percent-wash-hands-correctly

https://www.cdc.gov/handwashing/why-handwashing.html

https://www.cdc.gov/handwashing/when-how-handwashing.html