

HANDWASHING

Inadequate hand hygiene practices are estimated to affect 80% of the global population.¹ Furthermore it has been estimated that if everyone in the world routinely washed their hands, a million deaths a year could be prevented,² lessening the burden on family life, healthcare systems and society across the world.

It is important to understand the contributory factors of infection and how the implementation of good hand hygiene practices both at home and at school can help to break the chain of infection and reduce the number of deaths from preventable infections.

KEY FACTS

1 MILLION DEATHS
A YEAR COULD BE PREVENTED IF EVERYONE ROUTINELY WASHED THEIR HANDS²

HANDWASHING CAN **REDUCE THE RISK OF COMMUNICABLE DISEASES BY UP TO 59%**²

60% OF PEOPLE DO NOT WASH THEIR HANDS AFTER SNEEZING, HANDLING PETS AND USING THE TOILET³

WHAT ILLNESSES ARE CAUSED BY POOR HAND HYGIENE?

In developing nations poor hand hygiene is a leading cause of diarrhoeal disease, which is easily spread through poor hygiene when groups of people are in close contact or when an infected person prepares food for other people.

In Western countries the most common illnesses spread by poor hand hygiene are cold and flu and foodborne illnesses. Cold and flu germs can be spread by sneezing and touching surfaces with contaminated hands. Food related germs such as *E.coli* and campylobacter are often spread due to lack of hand hygiene when preparing food.

It is estimated that washing hands with soap and water could reduce diarrhoeal disease-associated deaths by up to 50%.²

HOW DOES IT SPREAD?

Germs present on frequently touched and food preparation surfaces, can be easily spread via the hands to the eyes, nose and mouth, or onto other surfaces. The implementation of effective hand hygiene is a key measure to prevent the spread of infection in both the home and community.



HOW DO I WASH MY HANDS EFFECTIVELY?

Wash your hands with soap and clean running water for a minimum of 20 seconds when appropriate e.g. after using the toilet, after handling pets and before and after preparing food.



WET HANDS WITH WARM RUNNING WATER



APPLY A SMALL AMOUNT OF SOAP



RUB PALMS TOGETHER (AWAY FROM WATER)



RUB FINGERS AND THUMBS AND BITS IN BETWEEN



RUB NAILS ON PALMS



RUB THE BACK OF EACH HAND



RINSE WITH CLEAN RUNNING WATER



DRY WITH A CLEAN TOWEL