
WHY WASH?

The latest hand hygiene research from the CDC

Wash Your Hands:

Simply dipping your hands in a bit of water isn't enough to get your hands clean. Handwashing technique is important.

Wet your hands under clean and running water, then apply soap. Work it into a lather, scrubbing for at least 20 seconds. Scrubbing your hands creates friction, which in turn helps remove microbes and dirt from your skin. Why 20 seconds, you ask? The CDC asserts, "evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods."

After you've scrubbed your hands, rinse them thoroughly and dry them off. Why dry? It turns out that it's easier to transfer germs to and from wet hands. Who knew?

Stop the Spread of Germs!

According to the CDC, "Removing germs through handwashing [...] helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections." Germs can get on your hands in all sorts of ways, like after you use the toilet. You can also get germs on your hands after touching a contaminated surface. With germs on your hands, you can pass the germs on to anyone you touch. Plus, the CDC reminds us "People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick." In other words, if you have germs on your hands and you touch your eyes or nose or mouth, you can put the germs inside your body and make yourself sick!

