Four areas people often forget to wash are their fingertips, thumbs, back of their hands and wrists.

Your Hands Matter

Hands Matter for a Healthier World

When to Wash Your Hands

How to Wash Your Hands

How Dirty Are Your Hands?

Germs can be found on all surfaces of the hand. In fact, a particularly high concentration of bacteria is found under fingernails.

Hand washing is the single most important means of preventing the spread of infection.

Good hand hygiene habits have been shown to effectively reduce the risk of hand, foot and mouth disease in children by up to 60%.

20% of respiratory infections (e.g., the common cold) can be prevented through handwashing.

1 in 10 people globally suffer each year from foodborne diseases, often linked to preparing food with poor hand hygiene.

After blowing your nose, coughing, or sneezing

Before and after preparing food and eating

After using the toilet or coming into contact with feces

Before and after caring for a sick person and treating a wound

Wash your hands with lukewarm water and soap

Scrub all sides, fingertips, fingernails and between your fingers – don’t forget your thumbs

Continue for about 20 seconds

Rinse well

Dry well with a paper towel

Hands Matter in Creating a Healthier World

The simple act of hand washing remains one of the most important ways to stop the spread of illness. Raising awareness about why, when, how and where we clean our hands is one of the most important examples of why hand hygiene matters in creating a healthier world.

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2. Scrub all sides, fingertips, fingernails and between your fingers – don’t forget your thumbs

3. Continue for about 20-30 seconds

4. Rinse well

5. Dry well with a paper towel

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Your Hands Matter

Believe that personal responsibility is key to improving hygiene standards and public health?

Say that they wash their hands often enough?

Say that others do not wash their hands enough?

Feel uncomfortable with unwashed hands in social situations?

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5 in 10 people globally suffer each year from foodborne diseases, often linked to preparing food with poor hand hygiene.

When to Wash Your Hands

After blowing your nose, coughing, or sneezing

Before and after preparing food and eating

After using the toilet or coming into contact with feces

Before and after caring for a sick person and treating a wound

After touching garbage

How to Wash Your Hands

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3. Continue for about 20-30 seconds

4. Rinse well

5. Dry well with a paper towel

Women claim to wash their hands about 8 times per day compared to 7.6 times per day on average for men.

Women typically wash their hands more than men, with 67% washing their hands after using the toilet, whereas only 55% of men do the same.

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