



Hand Hygiene to Minimise the Risk of Infectious Diseases

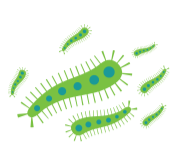
HAND HYGIENE FACTS



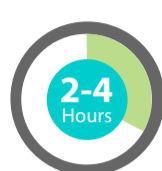
80% of infectious diseases like Influenza are transmitted through touch⁽¹⁾



Influenza virus can survive on our hand and other surfaces up to **48 hours**⁽⁴⁾



Bacteria like *E.Coli* can multiply and double its population every **20 minutes**⁽³⁾



Norovirus can spread from one surface to the entire office premises within **2-4 hours**⁽⁴⁾



Washing hand regularly with soap and water can reduce diarrhoeal diseases by **50%**⁽⁵⁾



Proper hand hygiene practice can help to minimise the risk of respiratory infections by **16%**⁽⁵⁾



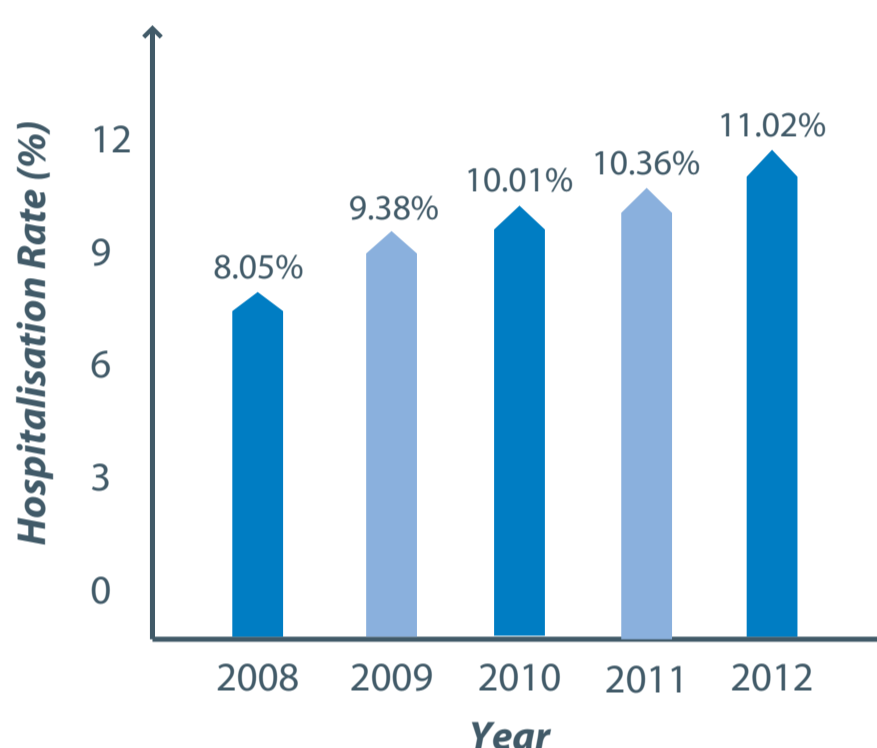
Soaps are effective in protecting us against microbial infections because it **contains surfactants** that help to lift soil and microbes from skin⁽⁶⁾

DID YOU KNOW?



Global Handwashing Day falls on every **15th October**

NUMBER OF HOSPITALISATIONS IN MALAYSIA DUE TO RESPIRATORY INFECTIONS (2008-2012)⁽⁷⁻¹¹⁾



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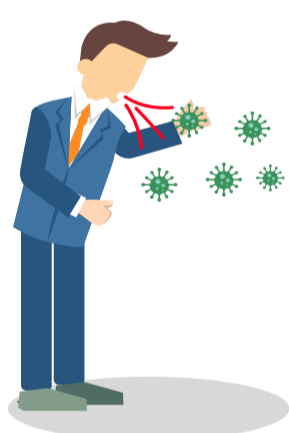


Respiratory diseases such as influenza is ranked **third among top killer diseases** in Malaysia⁽¹²⁾



In 2011, respiratory diseases contributed **9,417 deaths** among Malaysians⁽¹²⁾

HOW INFECTIOUS DISEASES SPREAD THROUGH CROSS CONTAMINATION IN THE OFFICE



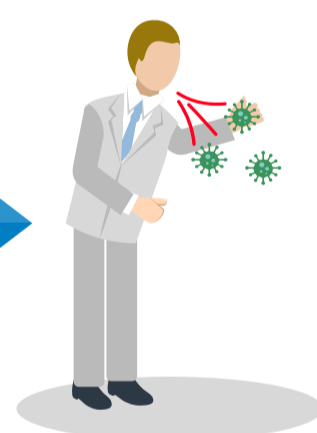
Sick person disperses infected micro droplets into the air and surfaces when they sneeze or cough



Germs are transferred to surfaces like phone, keyboards and door handles



Cross contamination happens when germs are transmitted from surface to skin or via touch



Germs then spread to the next person causing sickness

DID YOU KNOW?

Germs and viruses can travel **up to 130 km per hour** when you sneeze⁽¹³⁾

PROPER WAY TO CLEAN YOUR HANDS



Hand hygiene practice is a simple but the most effective way to control the spread of infections. Here are **5 key hand hygiene steps** to keep your hand clean and healthy:

- 1 Wet your hands with clean, running water and apply hand soap.
- 2 Lather your hands by rubbing them together. Be sure to lather the back of your hands, between your fingers and under your nails for 45 seconds.
- 3 Rinse your hands well under clean, running water.
- 4 Dry your hands using a paper towel.
- 5 Use alcohol-based hand sanitiser to kill harmful bacteria and most germs effectively.

Your Hygiene Expert Partner
Initial.com.my | 1300 882 388

Sources:

- (1) <http://www.nvic.org/Vaccines-and-Diseases/Influenza.aspx>
- (2) <http://www.mayoclinic.org/diseases-conditions/flu/expert-answers/infectious-disease/faq-20057907>
- (3) <http://www.microbiologyonline.org.uk/about-microbiology/introducing-microbes/bacteria>
- (4) <http://www.medicalnewstoday.com/articles/282219.php>
- (5) http://www.cdc.gov/healthywater/hygiene/fast_facts.html
- (6) <http://www.cdc.gov/getsmart/antibiotic-use/antibiotic-resistance-faqs.html>
- (7) http://www.moh.gov.my/images/gallery/stats/health_fact/Health_Fact_2008_LANDSKAP.pdf
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