

# It only takes seconds for hands to **GET CONTAMINATED!**

**1,000**

There can be as many as 1,000 resident germs per cm<sup>2</sup> on a hand<sup>1</sup>

**3 hours**

Germs can stay alive on hands for up to 3 hours<sup>1</sup>

**200 million**

A single hand can have a population count of over 200 million germs per square inch<sup>1</sup>

**20 minutes**

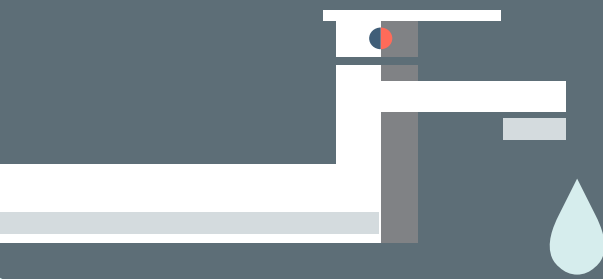
Germs like *E. Coli* can multiply its population every 20 minutes<sup>2</sup>

**37°C**

Germs grow best at temperature of 37°C<sup>1</sup>

**1,000X**

Damp hands spread 1,000 times more germs than dry hands<sup>1</sup>



## Why should we **WASH OUR HANDS?**



Washing hands regularly with water and soap can reduce diarrheal diseases by **50%**<sup>3</sup>



**20 SECONDS** is all it takes to wash your hands properly!<sup>1</sup>



Influenza virus can survive on hands and surfaces up to **48 HOURS**<sup>4</sup>



Proper hand hygiene can minimise respiratory infections by **16%**<sup>5</sup>

### DID YOU KNOW?



Dry hands can help minimise cross contamination. Always dry your hands before leaving the washroom.

### REMINDER!



Global Handwashing Day falls on **15 October**.

**Initial**

The Experts in Hygiene

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### References

- <sup>1</sup><https://www.b4brands.com/blog/facts-hand-washing-hygiene/>
- <sup>2</sup><http://www.microbiologyonline.org.uk/about-microbiology/introducing-microbes/bacteria>
- <sup>3</sup>[http://www.cdc.gov/healthywater/hygiene/fast\\_facts.html](http://www.cdc.gov/healthywater/hygiene/fast_facts.html)
- <sup>4</sup><http://www.medicalnewstoday.com/articles/282219.php>
- <sup>5</sup>[http://www.cdc.gov/healthywater/hygiene/fast\\_facts.html](http://www.cdc.gov/healthywater/hygiene/fast_facts.html)