



## Unwashed Hands: The Biggest Spreader of Disease



Several hand washing surveys have been conducted in the last few years. The American Society for Microbiology reported that 95 out of 100 Americans claim to wash their hands on a regular basis.

Yet, only 60% actually do!

### Here are a few hand washing tips:

- ü Rub soap over all areas of your hands, back & front and between your fingers, for at least 15 seconds using lots of warm water while washing & when rinsing.
- ü Have a paper towel ready to shut off the tap and another to dry your hands. (Water taps harbor many of the germs we are trying to avoid.)
- ü Use a paper towel to open public doors as you exit.

### SAFETY TIP:

Hand washing is the most effective way of removing dangerous infectious micro-organisms from your hands and limiting your exposure to disease. Knowing when and how to wash your hands is extremely important. Remember, wash vigorously for 15 seconds and do it often.

(NOTE: Wearing gloves is not a substitute for washing your hands.)

**Thoroughly washing your hands will help protect your health & the health of others.**