



Handwashing: A Simple Step to Staying Healthy



Public Health
Prevent. Promote. Protect.

How Does Washing Your Hands Keep You and Those Around you Healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes most germs from hands and helps prevent sickness.

Hand Washing Saves Time and Money!

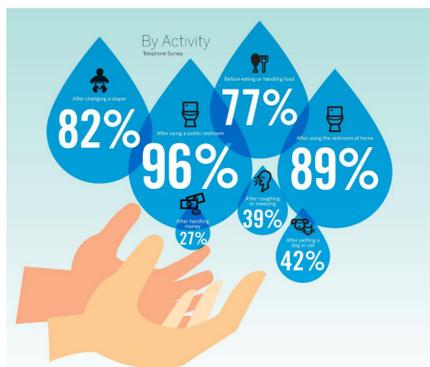
- Preventing sickness increases productivity due to:
 - Less time spent at the doctor's office
 - More time spent at work or school

Handwashing Helps Families

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

Who's Not Washing Their Hands?

Bacteria and viruses are everywhere, and the advice from your doctors is always to keep washing your hands. Most people claim they do it, but do they really? A recent study shows that while being observed in person, most people may not wash their hands. Below are findings of the percentage of those in this study who did not wash their hands after each activity.



Did You Know?...

It prevents foodborne illness

Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply under certain conditions, and make people sick.



70% of all foodborne illnesses originate during foodservice operations.

40% are the result of poor handwashing and cross-contamination in the U.S.

It prevents diarrhoea and respiratory diseases

About 2.2 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world.



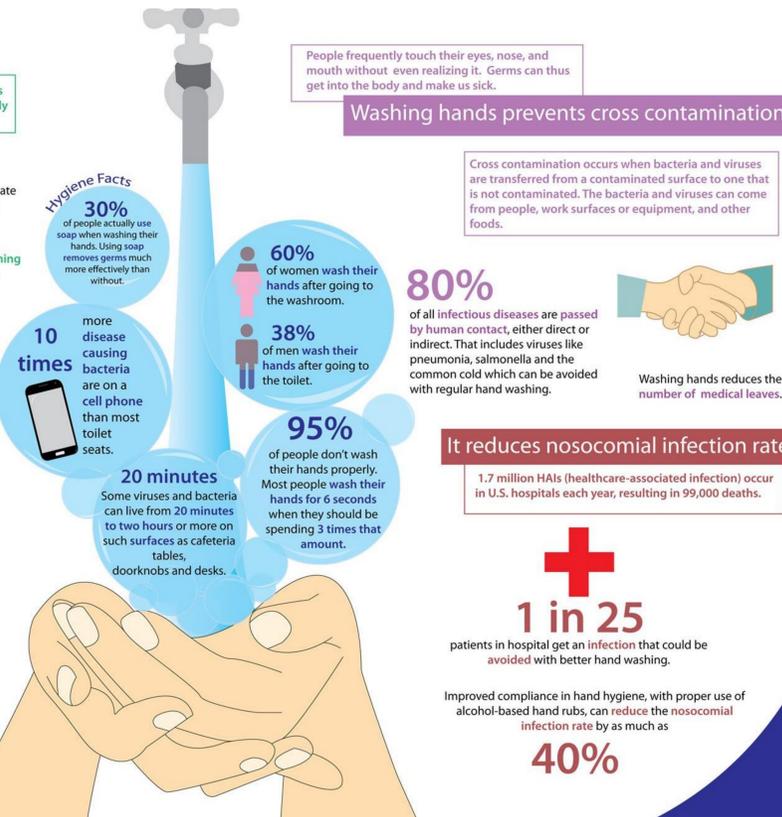
1 out of 3 Handwashing with soap could prevent about 1 out of every 3 young children from getting diarrhoea.



1 out of 6 And prevent 1 out of 6 children from getting respiratory infections like pneumonia.

Handwashing education in the community would reduce the number of people who get sick with diarrhea by 31%, diarrhoeal illness in people with weakened immune systems by 58%, and respiratory illnesses, like colds, in the general population by 21%.

References:
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<http://www.dailymail.co.uk/health/article-2196365/Mobile-phones-germs-toilet-seat.html>
<http://www.ama-assn.org/handwash1.html>
<http://www.theatlantic.com/health/archive/2013/06/study-95-of-people-dont-wash-their-hands-correctly/276720/>
<http://www.cdc.gov/HAI/surveillance/>



What is the Right Way to Wash your Hands?



When Should you Wash Your Hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Soap and Water vs. Hand Sanitizer

Soap and water is recommended versus hand sanitizer. According to the CDC, washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

For More information

*Information from:
<https://www.cdc.gov/handwashing/pdf/handwashing-poster.pdf>, MaxSheild Hygiene and Protection
Call the Township of Mount Olive Health Department at 973-691-0900 ext. 7330
Created by the Township of Mount Olive Health Department.

