

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

1,000

There can be as many as 1,000 resident bacteria per cm² on a hand¹

200 million

A single hand can have a population count of over 200 million bacteria per square inch¹

37°C

Bacteria grows best at temperature of 37°C¹

3 hours

Bacteria can stay alive on hands for up to 3 hours¹

20 minutes

Bacteria like E. Coli can multiply its population every 20 minutes²

1,000X

Damp hands spread 1,000 times more bacteria than dry hands¹



Why should we **WASH OUR HANDS?**



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



20 SECONDS is all it takes to wash your hands properly!¹



Influenza virus can survive on hands and surfaces up to **48 HOURS**⁴



Proper hand hygiene can minimise respiratory infections by **16%**⁵

DID YOU KNOW?



Damp hands spread **1,000X** more bacteria than dry hands.
Always dry your hands before leaving the washroom.

REMINDER!



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

References

¹<http://sites.google.com/a/rentokil-initial.com/hygiene-category-team/fact-book/claims-research>

²<http://www.microbiologyonline.org.uk/about-microbiology/introducing-microbes/bacteria>

³http://cdc.gov/healthywater/hygiene/fast_facts.html

⁴<http://www.medicalnewstoday.com/articles/282219.php>