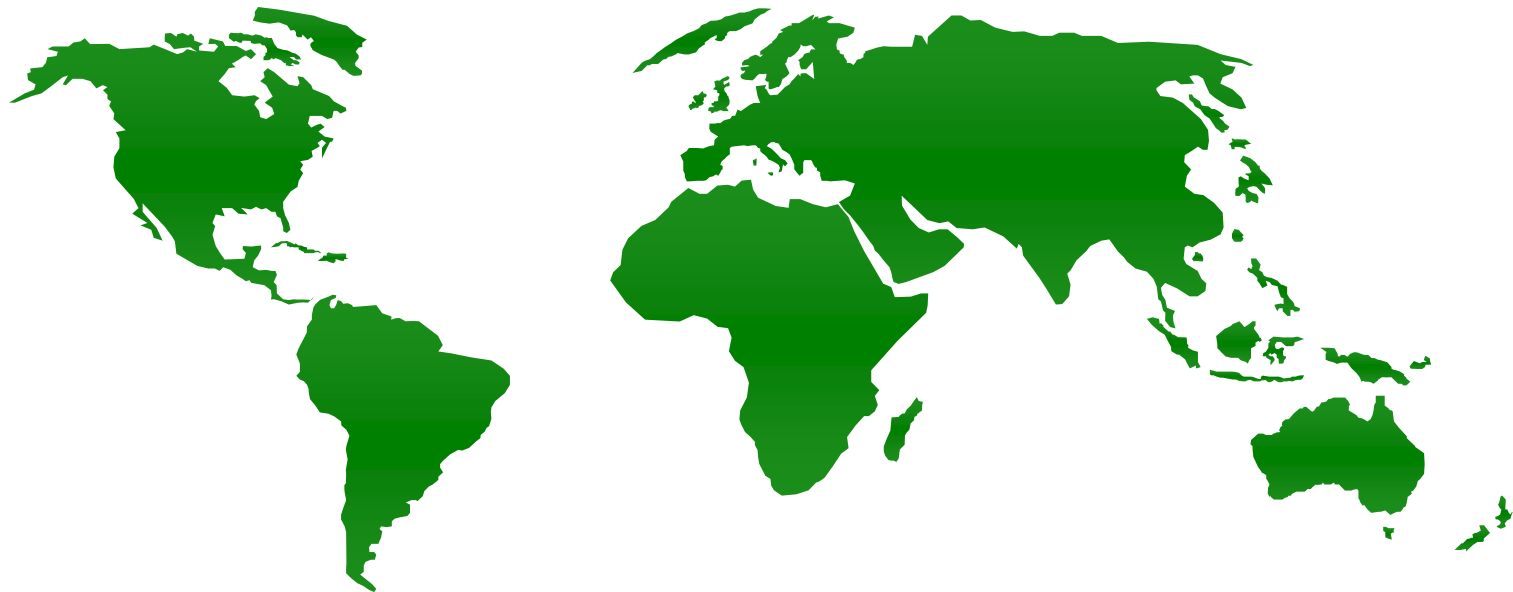




Wash hands, stop spread of germs, stay healthy!

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07 August 2014



Clean hands protect against infection - Protect yourself



1. Clean your hands regularly.
2. Wash your hands with soap and water, and dry them thoroughly.
 - Handwashing with soap is a “do-it-yourself-vaccine” that prevents infections and saves lives. Just wet your hands with water, lather with soap for 20 seconds, rinse with running water, and shake your hands dry (www.globalhandwashing.org).
3. Use alcohol-based handrub if you don't have immediate access to soap and water.

Hand washing with soap can reduce diarrhoeal disease risks by more than 40% and hand washing interventions could save one million lives annually.

Reference: Curtis, V and Cairncross, S. Effects of washing hands with soap on diarrhoea risk in the community: A systematic review. *The Lancet Infectious Diseases*, 2003, 3(5), 275–281.

Research Reveals Poor Handwashing Practices



■ About the study 1:

- About 3,000 U.S. and Canadian adults and U.S. college students were surveyed in commemoration of 2011 's Global Handwashing Day

■ Findings:

- Forty percent of U.S. adults and 53 percent of Canadian adults said they sometimes skip using soap when washing their hands.
- Nearly a quarter of U.S. and Canadian adults do not wash their hands after coughing or sneezing.
- Nearly 60% of U.S. college students never or only sometimes wash their hands before dining in the campus cafeteria.
- More than half of U.S. and Canadian adults do not wash their hands after handling money.
- Less than 55% of U.S. and Canadian adults indicated they wash their hands after activities such as going to the gym or using public transportation.
- Less than 1 in 5 U.S. and Canadian adults wash their hands after using their computers at work, with less than 25 percent of U.S. college students admitting to the same habit on campus.

■ About the study 2:

- Study Population: 3,749 people in a USA college town environment

■ Findings:

- Fifteen percent of men didn't wash their hands at all, compared with 7 percent of women.
- When they did wash their hands, only 50 percent of men used soap, compared with 78 percent of women.
- People were less likely to wash their hands if the sink was dirty.
- More than half of U.S. and Canadian adults do not wash their hands after handling money.
- Hand washing was more prevalent earlier in the day
- People were more likely to wash their hands if a sign encouraging them to do so was present.

How do I wash my hands properly?



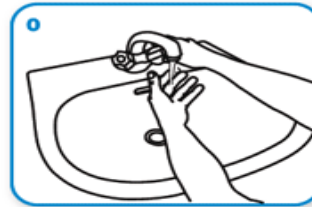
■ **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

■ **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

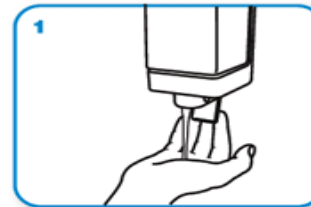
■ **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice (Duration of the entire procedure is 40-60 seconds).

■ **Rinse** your hands well under clean, running water.

■ **Dry** your hands using a clean towel or air dry them.



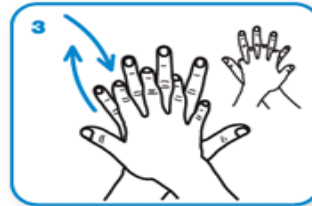
Wet hands with water



apply enough soap to cover all hand surfaces.



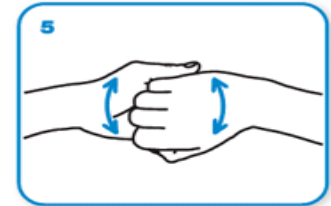
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



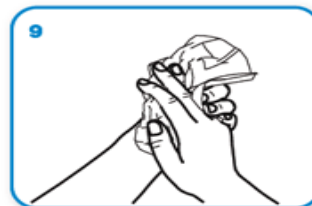
rotational rubbing of left thumb clasped in right palm and vice versa



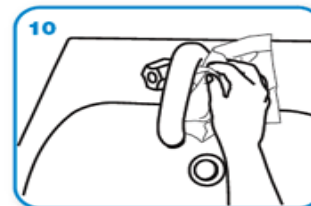
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



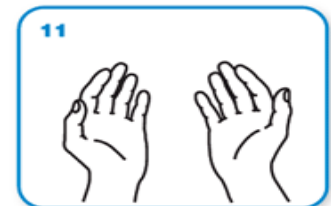
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Take Action



When to wash 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.

Reference: <http://www.cdc.gov/handwashing>

“The protection works by simply washing the infection-causing germs off your hands before they get a chance to infect you, and before you accidentally touch things that could help spread these infection-causing germs to other people,”

Dr Layla McCay
Secretariat Director of the Global Public Private
Partnership for Handwashing

In the case of the ongoing outbreak of Ebola virus, hand washing has a role in preventing the spread of the disease