

## **MAKING HANDWASHING A HABIT**

We all think we know how to wash our hands but many of us don't do it properly.

### **Why is handwashing so important?**

Keeping our hands clean is a crucial line of defence against harmful germs, and getting into the habit of washing our hands regularly will reduce the risk of illness. Hands must be kept very clean at all times and the correct handwashing procedure is essential.

### **Did you know that:**

- The Food Standards Agency found that 43% of people did **not** wash their hands before handling food.
- 31% of men and 17% of women did **not** wash their hands after going to the toilet.
- The number of bacteria on our hands can **double** after using the toilet.
- 1,000 times as many bacteria spread from damp hands than from dry hands.

### **How to wash your hands properly:**

If hands aren't clean they can spread germs. But a quick rinse won't make sure they're really clean. So, it's important for you to know how and when to wash your hands properly.

- Wet your hands thoroughly under warm running water and squirt liquid soap onto the palm of one hand
- Rub your hands together to make a lather
- Rub the palm of one hand along the back of the other and along the fingers. Then repeat with the other hand.
- Rub in between each of your fingers on both hands and around your thumbs.
- Rinse off the soap with clean water.
- Dry hands thoroughly.

This should take between 10 and 20 seconds!

### **When should I wash my hands?**

- After touching animals
- After being in a place where there are animals
- After changing your boots or shoes
- Before eating and drinking.
- After any other activity likely to contaminate hands.