

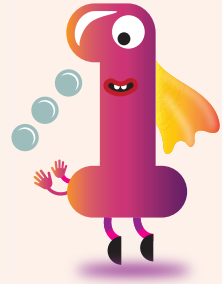
WHY IS HAND WASHING IMPORTANT?

Even though we can't see them with our naked eyes, germs can be found everywhere. When we touch different surfaces we can transfer germs onto other things including people! Germs can get into our bodies through our eyes, nose, and mouth and can make very us sick.

That's why it is important to wash your hands to get rid of these germs and to avoid spreading germs to those around you.

DID YOU KNOW?

- Studies have shown that hand washing can prevent 1 in 3 diarrhoea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.
- Hand washing is more effective at removing germs than hand sanitizers.
- Using regular soap is just as effective as using antibacterial soap.



WHY IS EACH STEP IMPORTANT?

Step 1 is important because we are using soap. When soap is mixed with water, it lathers up to form bubbles that act like pockets. These bubbles trap and remove germs and chemicals found on your hands. Soap makes the germs slippery and slides off when washed with water.



Step 2 is important because water washes away the germs. The soap makes the germs slippery and the water makes the germs slide off of your hands down into the drain. It is important to wash your hands for 20 seconds because these actions physically destroy and remove germs and chemicals from your skin.



Step 3 is important because drying your hands reduces the spread of germs. Germs spread more easily when hands are wet, so it is important to dry your hands completely. Using a dryer or paper towels are both effective, however disposable paper towels are best.

WHY IS IT IMPORTANT AFTER COVID?

As Covid-19 settles down we need to keep reminding children to wash their hands. 80% of common infections are still spread by poor hand hygiene.

