

What's on Your Hands?

You'll never forget to wash 'em again.

WASHING HANDS

95% OF US DO IT WRONG!



STEP 1 Place hands under running water. (Cold or hot—it doesn't matter.)

STEP 2 Apply soap and lather.

STEP 3 Scrub hands for 20 seconds—about as long as it takes to sing "Happy Birthday" twice.

STEP 4 Wash away the soap.

STEP 5 Use a clean towel or air dryer.



THE NUMBERS

150
kinds of bacteria that live on hands

1,000,000
deaths that would be prevented each year if everyone washed their hands

24
hours a cold virus can live on your desk

22 MILLION
school days students miss each year due to the common cold

When should you wash your hands?

BEFORE



eating or cooking

AFTER



using the bathroom



sneezing, blowing your nose, or coughing



being around someone sick



touching a pet or other animal

SOURCES: ABC NEWS, CENTERS FOR DISEASE CONTROL AND PREVENTION, NATIONAL HEALTH SERVICE, USA TODAY

WRITE IT

Write a short public service announcement for your school about the importance of handwashing. Your PSA can be in the form of a short video, radio broadcast, poster, or slideshow.