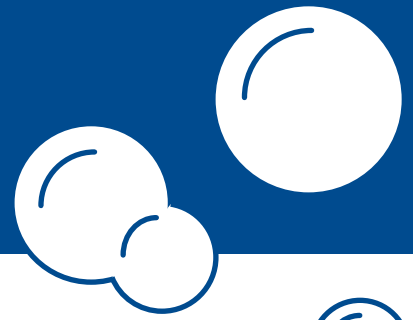


HAND HYGIENE:

what are you missing?



Friction

Friction helps lift dirt, grease, and germs from skin, which are present on all parts of the hand. It's important to scrub your entire hand to get them clean.

Cold or Warm Water?

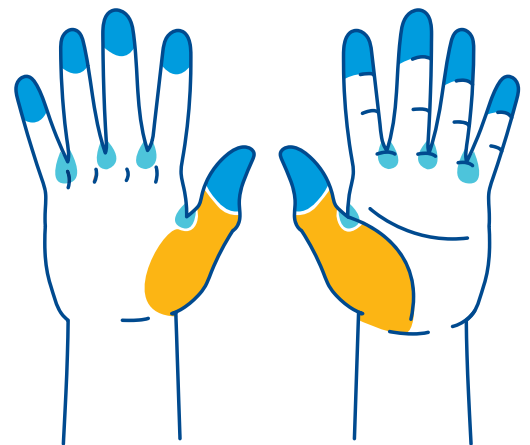
According to the CDC, new studies show that both warm and cold water remove the same number of germs.

Most Frequently Missed Areas

The most common areas missed during hand hygiene.

- **Thumbs**
- **Fingertips**
- **Between Fingers**

According to the CDC, studies show that handwashing can prevent one in three diarrhea-related sicknesses and one in five respiratory infections.



Don't Miss Out On These Tips

Using soap and water to wash hands is the best way to remove all types of germs and chemicals. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Wash hands when handling food, before and after eating, after using the restroom or changing a diaper, and after blowing your nose, coughing, or sneezing. Create friction while scrubbing to remove as many germs as possible. Wash hands for at least 20 seconds.

