# What's on Your Hands?

You'll never forget to wash 'em again.

#### WASHING HANDS

95% OF US DO IT WRONG!



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 ong as it takes appy Birthday"

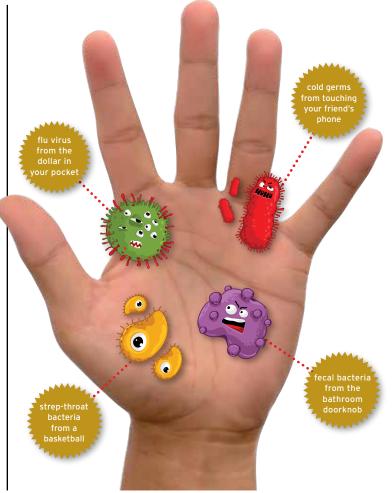
about as long as it takes to sing "Happy Birthday" twice.

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** 

school days students miss each year due to the common cold

## →When should you wash your hands? ←





eating or cooking





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.