

# 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.