



SIMPLE HABITS THAT WILL KEEP YOU HEALTHY



WHAT IS HAND WASHING?



Hand washing, also known as hand hygiene, is the act of cleaning one's hands with soap or handwash and water to remove viruses/bacteria/microorganisms.



WHY WASH?

According to the CDC, hand washing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 infections, including the flu..

HAND WASHING IS FUN

From the "Happy Birthday" song from beginning to end twice. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dryer.



BE POSITIVE

Germs can get onto hands, it may be because someone coughed or sneezed on it or it was touched by some other contaminated object. person and make people sick.

HEALTHY HABITS

The Centers for Disease Control and Prevention (CDC) guidelines Trusted Source are to scrub your hands for at least 20 seconds.



WHY DO SOME PEOPLE FEEL UNHAPPY?



One of the most common reasons that can make people unhappy is their health. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections.



HOW TO BE HEALTHY



Researchers estimate that if everyone routinely washed their hands, 1 million deaths a year could be prevented.



SPEND TIME WASHING YOUR HANDS

There's no magic number, but washing your hands for at least 20 seconds has been shown to remove more germs & microbes than washing for shorter periods.



As you touch people, surfaces and

objects throughout the day, you