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

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.

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