

World Hand Hygiene Day

IT ALL STARTS WITH CLEAN HANDS

THANK YOU!

80

YEARS OF PASSION.
BEYOND HYGIENE.

Why It Matters?

Washing your hands with soap removes germs and helps prevent:



Infections



Reducing the risk of illness



Spreading germs to others

Handwashing can prevent:



approximately **30%** of diarrhoea-related illnesses



around **20%** of respiratory infections (e.g. colds)



Clean hands
→ fewer infections



Fewer infections
→ less antibiotic use



Less antibiotic use
→ lower antibiotic resistance

Some useful tips



Wash with running water and soap
To avoid recontamination

WHY? Hands could get dirty again if they touched a bowl of dirty water that was used before.



Rub thoroughly
Removes germs & grease

WHY? Washing your hands with soap and water can help get rid of dirt, grease and germs.



Scrub your hands for 20 seconds.

WHY? 15 to 30 seconds removes more germs than washing for shorter periods.

Clean hands can save lives. Make hand hygiene part of your routine.



FOR YOUR PEACE OF MIND

CHRISTEYNS
MEDICAL CARE

We support the World Health Organization's efforts and are committed to the 2026 campaign: **SAVE LIVES: Clean Your Hands**
Sources: www.who.int/campaigns | www.globalhandwashing.org | www.cdc.gov/clean-hands