

THANK YOU!

80

YEARS OF PASSION.
BEYOND HYGIENE.

World Hand Hygiene Day

IT ALL STARTS WITH CLEAN HANDS

Why It Matters?

In **healthcare** settings, proper hand hygiene can prevent up to **50%** of infections acquired during medical care.

In **the community**, regular handwashing can reduce the incidence of respiratory infections by **16-21%** and gastrointestinal infections by **31%**.

How it works?

Washing your hands with soap can prevent you from getting sick and spreading germs to others.

Here's why:

- People often touch their eyes, nose and mouth without even knowing it. Germs can get into the body through these spots and make us sick.
- Germs from unwashed hands can get into food and surfaces (doorknobs, tabletops, or toys), contaminating other people.

Health Benefits

Teaching people about the **importance of handwashing** helps them stay healthy:

- Reduces the number of people who get diarrhoea by **23-40%**.
- Reduces respiratory illnesses, like colds, in the general population by **16-21%**.

Some useful tips



Wash your hands with clean, running water (warm or cold) and put soap on.

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



Rub your hands together with soap and don't forget the backs of your hands, the spaces between your fingers and under your nails.

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



Scrub your hands for 20 seconds.

WHY? Evidence suggests that washing your hands for about 15 to 30 seconds removes more germs than washing for shorter periods.



FOR YOUR PEACE OF MIND



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