

I know, I know.

# WASH YOUR HANDS.

I get it.

But does “PROPER TECHNIQUE” *really* make a difference?

## 1. **WET** HANDS WITH **WARM WATER**.

*Why bother?*

Warm water softens oils and helps soap dissolve grease.

## 2. **ADD SOAP**.

*Why bother?*

Soap traps germs, dirt and oil that are not removed by water alone.

## 3. **SCRUB** WELL.

*Why bother?*

The friction pulls dirt and grease free from the skin.

The majority of germs are removed after 15-20 seconds.

## 4. **RINSE** HANDS WITH WARM WATER, FINGERS POINTING DOWN.

*Why bother?*

Germs need to be rinsed *away* from the body.

## 5. **DRY** VIGOROUSLY WITH A PAPER TOWEL.

*Why bother?*

Germs live longer on wet skin.

Friction removes stubborn germs.

## 6. USE THE **PAPER TOWEL** TO TURN OFF WATER AND OPEN THE DOOR.

*Do you really want to touch it with your clean hands?*

Faucet handles average 229,000 germs per square inch.

*Who touched that door handle last?*

25% of women and 62% of men skip washing. Kids are worse.

A quick **rinse** with **cold water** can actually *increase* germs that thrive in damp environments.

A thorough wash with soap *reduces* bacteria by **99.9%**

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