

SHEKNOWS



### Sanitizers

are less effective than soap and water because people may not use enough or may wipe it off before it has dried.

### WOMEN

wash their hands significantly more often, use soap more often and wash longer than men.

A 2013 undercover study found only **5 percent** of people wash their hands correctly.

### Soap and water are more effective

than hand sanitizers at removing certain kinds of germs.

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

# HAND-WASHING FACTS



Hand-washing reminder signs **increase** frequency and length of hand-washing.

Using soap and water to wash hands is more effective than water alone because the surfactants in soap lift soil and microbes from the skin.



**7 percent** of women and **15 percent** of men do not wash their hands at all after using the restroom.

**Triclosan**, an ingredient found in antibacterial soaps, is under review by the FDA due to potential health concerns and questionable benefits. A final decision is expected by September 2016.

According to the Centers for Disease Control and Prevention (CDC), failing to wash hands correctly contributes to nearly **50 percent** of all foodborne illness outbreaks.

If soap and water are not available, an **alcohol-based** hand sanitizer containing at least 60 percent alcohol is the best alternative.

**HAND-WASHING DOES NOT PROTECT** people from diseases such as chicken pox, measles, influenza, tuberculosis and mumps, which are passed through the air or by sneezing, coughing or laughing.