

KIDS HEALTH

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World Hand Hygiene Day – May 5th, 2023

WHO - SAVE LIVES: Clean Your Hands

Each year the **SAVE LIVES: Clean Your Hands** campaign focuses on the importance of hand hygiene within health care and the general population globally. The movement aspires to achieve better health and well-being for all ages, access to quality healthcare services, and infection prevention and control.

The Science Behind Hand Washing - Why is Hand Hygiene Important?

- The hands are primary carriers of infection. Hand hygiene reduces transmission or self-inoculation with germs.
- Poor hand hygiene contributes to outbreaks of diarrhea and respiratory infections among students and staff in schools.



Hand Hygiene Guidance: When should I do it?

1. Everyone:

- Before and after eating food
- Before touching your eyes, nose, or mouth especially, especially if you feel sick
- After using the restroom
- After blowing your nose, sneezing, or coughing
- After playing, especially outside

2. Health care personnel should also perform hand hygiene:

- Immediately before touching a patient
- After touching a patient
- After getting in contact with blood, body fluids, or contaminated surfaces.
- Before handling invasive medical devices



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Hand Sanitizer or Soap?

- Alcohol-based hand sanitizers are a great alternative to soap and running water if the hands are **not visibly soiled or greasy**.
- Marketed non-alcohol-based hand hygiene products are not well studied for efficacy so not recommended as an alternative to soap and running water.

NOTE: Soap is needed for [C. difficile](#), [norovirus](#), and [cryptosporidium](#).



5 Steps to Wash Your Hands the RIGHT Way

- WET** your hands with clean, warm, or cold running water. Apply the SOAP.
- LATHER** your hands by rubbing them together with soap and water. Make sure you are getting it between the fingers, and under the nails
- SCRUB** your hands for at least 20 SECONDS or hum the “Happy Birthday” song twice.
- RINSE** your hands well with running water.
- DRY** your hands using an air dryer, clean cloth towel, or paper towel.

How to Use Hand Sanitizer

- APPLY** the hand sanitizer to the palm of one hand.
- COVER** the surfaces of your hands with the sanitizer.
- RUB** your hands and fingers for at least 20 SECONDS until the hand sanitizer is completely dry.