

# Montanans- Wash your Hands!

## Hand hygiene matters.

While you don't have to hold the handshakes and high fives, regular and proper hand washing is key to saving yourself and your colleagues from germs that harm your health.

### Research has shown that proper handwashing reduces:

# of people who get sick with diarrhea by **31%**

diarrheal illness in people with weakened immune systems by **58%**

respiratory illness, like colds, in the general population by **16-21%**



### Is hand sanitizer effective?

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

### ONE IN FOUR

people don't wash their hands after using the toilet at work.



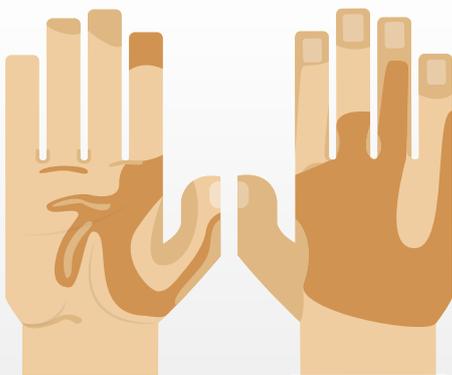
The number of germs on your fingertips doubles after you use the toilet.



### These are the parts WE MISS THE MOST

when not adopting the proper handwashing technique.

- Frequently missed
- Most frequently missed



PALM

BACK

Germs can stay alive on hands for up to **THREE HOURS.**



### Dry them well.

Damp hands spread 1,000 times more bacteria than dry hands.



The Mayo Clinic reports that paper towels are **MORE HYGIENIC** than dryers as they're better at removing the residual water which spreads bacteria.

### The 840,000 germs

on your hands at any given time can spread up to 80% of common diseases.



Your face is the main entry point for germs.

**KEEP THOSE HANDS AWAY**

until you've washed them!