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%

These are the parts WE MISS THE MOST when not adopting the proper handwashing technique.
- Frequently missed
- Most frequently missed

The spread of germs from the office bathroom can be REDUCED BY UP TO 80% by simply washing and drying hands before exiting.

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

Your face is the main entry point for germs
KEEP THOSE HANDS AWAY until you’ve washed them!

The Mayo Clinic reports that paper towels are MORE HYGIENIC removing the residual water which spreads bacteria.

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.

The 840,000 germs on your hands at any given time can spread up to 80% of common diseases.

As of May 2015...