

It only takes seconds for hands to **GET CONTAMINATED!**

1,000

There can be as many as 1,000 resident germs per cm² on a hand¹

3 hours

Germs can stay alive on hands for up to 3 hours¹

200 million

A single hand can have a population count of over 200 million germs per square inch¹

20 minutes

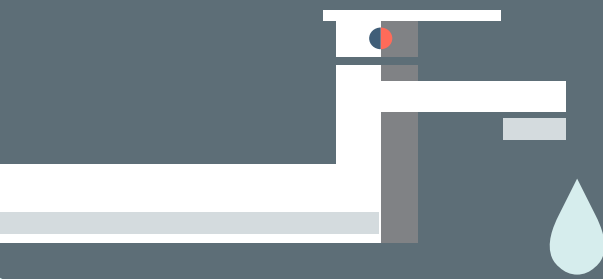
Germs like *E. Coli* can multiply its population every 20 minutes²

37°C

Germs grow best at temperature of 37°C¹

1,000X

Damp hands spread 1,000 times more germs than dry hands¹



Why should we **WASH OUR HANDS?**



Washing hands regularly with water and soap can reduce diarrheal diseases by **50%**³



20 SECONDS is all it takes to wash your hands properly!¹



Influenza virus can survive on hands and surfaces up to **48 HOURS**⁴



Proper hand hygiene can minimise respiratory infections by **16%**⁵

DID YOU KNOW?



Dry hands can help minimise cross contamination.
Always dry your hands before leaving the washroom.

REMINDER!



Global Handwashing Day falls on **15 October**.

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The Experts in Hygiene

1300 882 388 | Initial.com.my

References

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