

I know, I know.

WASH YOUR HANDS.

I get it.

But does “PROPER TECHNIQUE” *really* make a difference?

1. **WET** HANDS WITH **WARM WATER**.

Why bother?

Warm water softens oils and helps soap dissolve grease.

2. **ADD SOAP**.

Why bother?

Soap traps germs, dirt and oil that are not removed by water alone.

3. **SCRUB** WELL.

Why bother?

The friction pulls dirt and grease free from the skin.

The majority of germs are removed after 15-20 seconds.

4. **RINSE** HANDS WITH WARM WATER, FINGERS POINTING DOWN.

Why bother?

The germs need to be rinsed *away* from the body.

5. **DRY** VIGOROUSLY WITH A PAPER TOWEL.

Why bother?

Germs live longer on wet skin.

Friction removes stubborn germs.

6. USE THE **PAPER TOWEL** TO TURN OFF WATER AND OPEN THE DOOR.

Do you really want to touch it with your clean hands?

Faucet handles average 229,000 germs /square inch.

Who touched that door handle last?

25% of women and 62% of men skip washing. Kids are worse.

A quick **rinse** with **cold water** can actually *increase* germs that thrive in damp environments.

A thorough wash with soap *reduces* bacteria by **99.9%**