

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

**1,000**

There can be as many as 1,000 resident germs per cm<sup>2</sup> on a hand<sup>1</sup>

**3 hours**

Germs can stay alive on hands for up to 3 hours<sup>1</sup>

**200 million**

A single hand can have a population count of over 200 million germs per square inch<sup>1</sup>

**20 minutes**

Germs like *E. Coli* can multiply its population every 20 minutes<sup>2</sup>

**37°C**

Germs grow best at temperature of 37°C<sup>1</sup>

**1,000X**

Damp hands spread 1,000 times more germs than dry hands<sup>1</sup>



## Why should we **WASH OUR HANDS?**



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



**20 SECONDS** is all it takes to wash your hands properly!<sup>1</sup>



Influenza virus can survive on hands and surfaces up to **48 HOURS**<sup>4</sup>



Proper hand hygiene can minimise respiratory infections by **16%**<sup>5</sup>

### 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.**

**Initial**

The Experts in Hygiene

02 290 8500 | Initial.co.th

### References

<sup>1</sup><http://sites.google.com/a/rentokil-initial.com/hygiene-category-team/fact-book/claims-research>

<sup>2</sup><http://www.microbiologyonline.org.uk/about-microbiology/introducing-microbes/bacteria>

<sup>3</sup>[http://www.cdc.gov/healthywater/hygiene/fast\\_facts.html](http://www.cdc.gov/healthywater/hygiene/fast_facts.html)

<sup>4</sup><http://www.medicalnewstoday.com/articles/282219.php>

<sup>5</sup>[http://www.cdc.gov/healthywater/hygiene/fast\\_facts.html](http://www.cdc.gov/healthywater/hygiene/fast_facts.html)