



Healthy Hands

Fact Sheet

What makes our hands dirty?

We get microbes on our hands from everything that we touch like door handles, school desks, the floor, or our pets. We also get microbes on our hands when we hold hands, pick our nose or sneeze into our hands.

Why should we wash our hands?

We wash our hands to get rid of harmful microbes that might make us poorly. It is important that we wash our hands after using the toilet, before eating or cooking, after stroking animals or after coughing or sneezing.

- Most microbes on our hands are under our fingernails.
- Nearly everyone says they wash their hands after using the toilet, but more than half don't. Just think what may be on their hands.
- Most toilet handles have 400 times more microbes than the toilet seat.
- There are more microbes on one person's hand than people on the planet.
- Hand washing is the best way to stop microbes spreading.
- Some microbes can stay alive on our hands for up to three hours