



Share the Wellness Tip

January 11, 2013

Thumbs Up on Handwashing

Most people don't do as good a job as they think — or should.

- **We tend to not thoroughly clean our thumbs, fingertips, and the areas between our fingers.**
- **Up to half of all men and a quarter of women** do not wash their hands after they use the bathroom.
- **Right-handed people tend to wash their left hand** more thoroughly than their right, and vice-versa.

Need a few reasons to be more diligent about using warm water and soap or squirting some hand sanitizer?

- **We have between 2 and 10 million bacteria** between our fingertips and elbow.
- **Damp hands spread 1,000 times** more germs than dry hands.
- **The number of germs on your fingertips** double after you use the toilet.
- **Germs can stay alive** on hands for up to three hours.
- **Millions of germs hide under watches and bracelets.** What's more, there could be as many germs under your ring as there are people in Europe.

Source: Southeastern (D) District Health Department

Germ Farm



Scrub'em!

www.1st-in-handwashing.com