

How Are Germs Transferred?

Germs enter the body through our eyes, nose and mouth.

People often touch their eyes /nose/mouth without realising.



Illness-causing germs from unwashed hands can also contaminate foods and drinks.

Germs can be transferred from people's hands onto objects such as doorknobs, phones screens, gym equipment, stair banisters etc.

What Kind of Soap Should You Use?

A 2015 study of handwashing in 54 countries found that on average, only 38.7% of households practiced handwashing with soap.



Use about 5mm of liquid soap, to completely cover the hands.

If soap and water aren't available, use a hand sanitiser with at least 60% alcohol.



You can follow up with moisturizing lotion to keep the hands from drying out.

When Should You Wash Your Hands?

Reports reveal that people tend to wash their hands only 30% - 90% of the time following these activities.



How to Wash Your Hands

Aim for a minimum of 20 seconds.



01

Wet your hands with water.



02

Apply enough soap to cover your hands.



03

Rub your hands together.



04

Use 1 hand to rub the back of the other hand and clean in between the fingers. Repeat with the other hand.



05

Rub your hands together and clean in between your fingers.



06

Rub the back of your fingers against your palms.



07

Rub your thumb using your other hand. Do the same with the other thumb.



08

Rub the tips of your fingers on the palm of your other hand. Repeat with the other hand.



09

Rinse your hands with water.



10

Rub your hands together and clean in between your fingers.