Power of Hands

Knowing that others wash their hands properly can make people feel better

**Eight in ten** say it would have a positive impact on their state of mind

**Four in ten** say it would make them more comfortable

**Three in ten** say it would make them more satisfied

**Two in ten** say it would make them happier

**8 in 10** say they wash their hands to protect themselves

**1 in 10** say they wash hands to protect others

**1 in 4** would wash their hands more often if they knew it had a positive impact on others

**When to wash your hands**

- After blowing your nose, coughing or sneezing
- Before and after preparing food and eating
- After using the toilet or coming in contact with it.
- After touching a pet and handling its food
- Before and after caring for a sick person and treating a wound
- After touching garbage

**How to wash your hands**

1. Wash your hands with luke-warm water and soap
2. Scrub all sides, fingertips, fingernails and between your fingers- don’t forget your thumbs
3. Continue for about 20-30 seconds
4. Rinse well
5. Dry well with a paper towel
The power of Hands