## hand hygiene fun facts

Hand hygiene, a very simple action, remains the primary means to reduce Healthcare-associated infections (HAIs), and the spread of antimicrobial resistant organisms.

Global research indicates that improvements in hand hygiene activities could potentially reduce HAI rates by up to 50%.

When it comes to hands, fingernails and the surrounding areas harbor the most microorganisms.

According to experts, without a vaccine, the single most important thing you can do to prevent getting the flu is to wash your hands.

80% of all infectious diseases are transmitted by touch.



Tired of waiting. A study showed that rates of proper hand washing fell nearly 45% when spaces were overcrowded and understaffed.



The Solution to Pollution is Dilution.
While soap may not kill all viruses,
thorough hand washing will
decrease the viral counts to a
point below the infectious threshold.

Caught in the act (or lack of). 95% of the population says that they wash their hands after using a public toilet. However, when 8,000 people were monitored across five large cities in the US, they found the actual number to be more like 67%.

CDC studies show that the number of bacteria per square centimeter on the human body are as follows:

Scalp: 1,000,000 | Forearm:10,000

Arm Pit: 500,000 | Abdomen: 40,000

Hands of Medical Personnel:
40,000 to 500,000

Who has it? A recent study showed that 21% of the health care workers in the ICU had varying counts of Staphylococcus aureus on their hands.

There are two layers of bacteria. The outer layer found on your hands is termed "Transient Flora". This layer is potentially the most dangerous for transmitting disease from one person to another. Fortunately, it is easily eliminated by hand washing. The deeper layer is called "Resident Flora". This bacteria, found in deeper layers of skin cells, is more likely to be innocuous bacteria such as Staphylococcus epidermidis and Corynebacteria spp. (diptheroids); and is more resistant to washing.



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