



Washing hands

By Jorge Dutan and Christopher Buford

Importance

- Nearly 80 percent of illness-causing germs are spread by your hands (Tri-County Healthcare)
- It reduces chances of infection and contamination
- Cell phones and doorknobs or regularly touched surfaces
- Mobile phones are veritable reservoirs of pathogens (Famurewa).



How it prevents spread of germs/illness



- People unknowingly touch their face regularly
- People on average touch their face 17 times per hour (Nicas M, Best D. A)
- Even medical professionals, who should know better, were **found** to touch their faces an average of 19 times in 2 hours (Cairns R)
- Therefore handwashing is very effective with preventing spread to ourselves



The relevance (COVID-19)

- Masks and social distancing are not sufficient alone
- Our hands are our most used tool, they are constantly being exposed to many different microbes and bacteria, possibly even COVID-19
- COVID-19, is encased in a lipid envelope. Soap can break that fat apart and make the virus unable to infect you (Goodman B, WebMD)
- Everyone does not properly use masks and we cannot always maintain 6 ft from one another during certain situations

Works Cited

Cairns, Rebecca. “What Temperature Kills Germs? How to Use Heat Properly to Get Rid of Bacteria and Viruses.” *Insider*, Insider, 7 May 2020, www.insider.com/what-temperature-kills-germs.

“Show Me the Science - Why Wash Your Hands?” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 10 Sept. 2020, www.cdc.gov/handwashing/why-handwashing.html.

Nicas M, Best D. A study quantifying the hand-to-face contact rate and its potential application to predicting respiratory tract infection. *J Occup Environ Hyg*. 2008 Jun;5(6):347-52

Citroner, George. “You Probably Touch Your Face 16 Times an Hour: Here’s How to Stop.” *Healthline*, 10 Mar. 2020, www.healthline.com/health-news/how-to-not-touch-your-face.

Tri-County Healthcare. “Gross! Hand Hygiene and Other Germy Facts.” *Tri Living Well*, 13 Dec. 2018, www.tchc.org/blog/2018/12/12/hand-hygiene-and-germ-facts.

Goodman, Brenda. “The Power of Hand-Washing to Prevent Coronavirus.” *WebMD*, 6 Mar. 2020, www.webmd.com/lung/news/20200306/power-of-hand-washing-to-prevent-coronavirus.