

October 15th | Global Handwashing Day
**Washing hands: an attitude
that can save lives**

WASHING HANDS WITH SOAP AND WATER IS ONE OF THE MOST EFFECTIVE PREVENTIVE MEASURES TO AVOID DISEASES AND EVEN DEATH FROM INFECTIOUS DISEASES.

The United Nations Children's Fund (UNICEF) estimates that **41% of neonatal deaths can be prevented through the simple act of handwashing.**



The Global Handwashing Day date, which is celebrated on October 15th, began in 2018 and mostly focused on children, which is why, for a long time, its work happened mainly in schools.

However, with the pandemic we are experiencing, the importance of washing our hands properly in order to fight viruses and bacteria, became evident.

**8 diseases that
can be prevented
through
handwashing**

- Diarrhea
- Flu
- Covid-19
- Conjunctivitis
- Hepatitis A
- Salmonella
- Scabies
- Measles



**Washing your
hands: simple
and efficient!**

How to wash your hands:

- 1) Use soap or detergent
- 2) Rub your palms
- 3) Rub between your fingers
- 4) Rub your fingertips and nails
- 5) Rub the back of the hands
- 6) Remove the soap with clean water and dry up with a clean dry towel or disposable tissues

When to do it:

- Before and after handling and preparing food
- Before eating
- Before and after treating any injuries
- Before and after having contact with other people
- Before and after using the bathroom
- Right after arriving home or arriving at the office

Remember:

if you cannot wash your hands, using a 70% alcohol hand sanitizer is a good proxy and can be beneficial to your health!

