



TARANG Health Newsletter

Handwashing

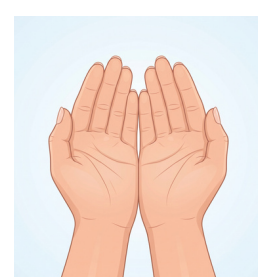
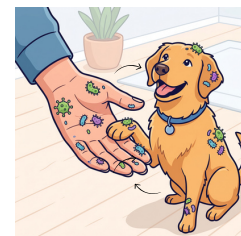
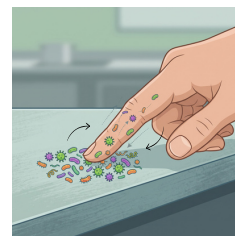
Clean Hands, Healthy Life 



Why do we need to wash our hands ?

Our hands pick up germs when we touch surfaces, food or animals. A cell phone carries more bacteria than a toilet seat. People subconsciously touch their face with hands an average of **16 to 23 times per hour**. These germs can then easily enter our body through the mouth, eyes, and nose.

Handwashing physically removes germs, such as bacteria and viruses, from your hands. This can significantly lower the risk of illnesses such as common colds, influenza and diarrheal infections. It also prevents one person from passing the germs to others.



WHEN AND WHY DO WE NEED TO WASH OUR HANDS ?

1



BEFORE EATING MEALS

Many people eat with their hands, and even when using utensils, handwashing is essential. Germs can transfer from hands to shared items like serving spoons and salt shakers, leading to cross-contamination.

2



AFTER DEFECACTION

Washing hands after defecation is essential because fecal matter harbors billions of infectious germs that can transfer to your hands, even when using water or toilet paper. These germs can then contaminate surfaces you touch, such as flush handles, faucets, doorknobs, or your phone.

3



THE TOILET PLUME

Each toilet flushing creates a "toilet plume" that releases microscopic droplets containing fecal bacteria and viruses. These germs settle on bathroom surfaces, including the flush handle, toilet paper dispenser, and door handle, transferring to your hands when you touch them.

4



AFTER URINATION

Washing hands after urinating is crucial due to harmful germs on bathroom surfaces, which may come from previous users who didn't wash their hands. The groin area also harbors bacteria, and contact with underwear or toilet paper can transfer these germs to your fingers.

5



BEFORE PREPARING FOOD

6



BEFORE AND AFTER TREATING A CUT OR CARING FOR SOMEONE WHO IS SICK

7



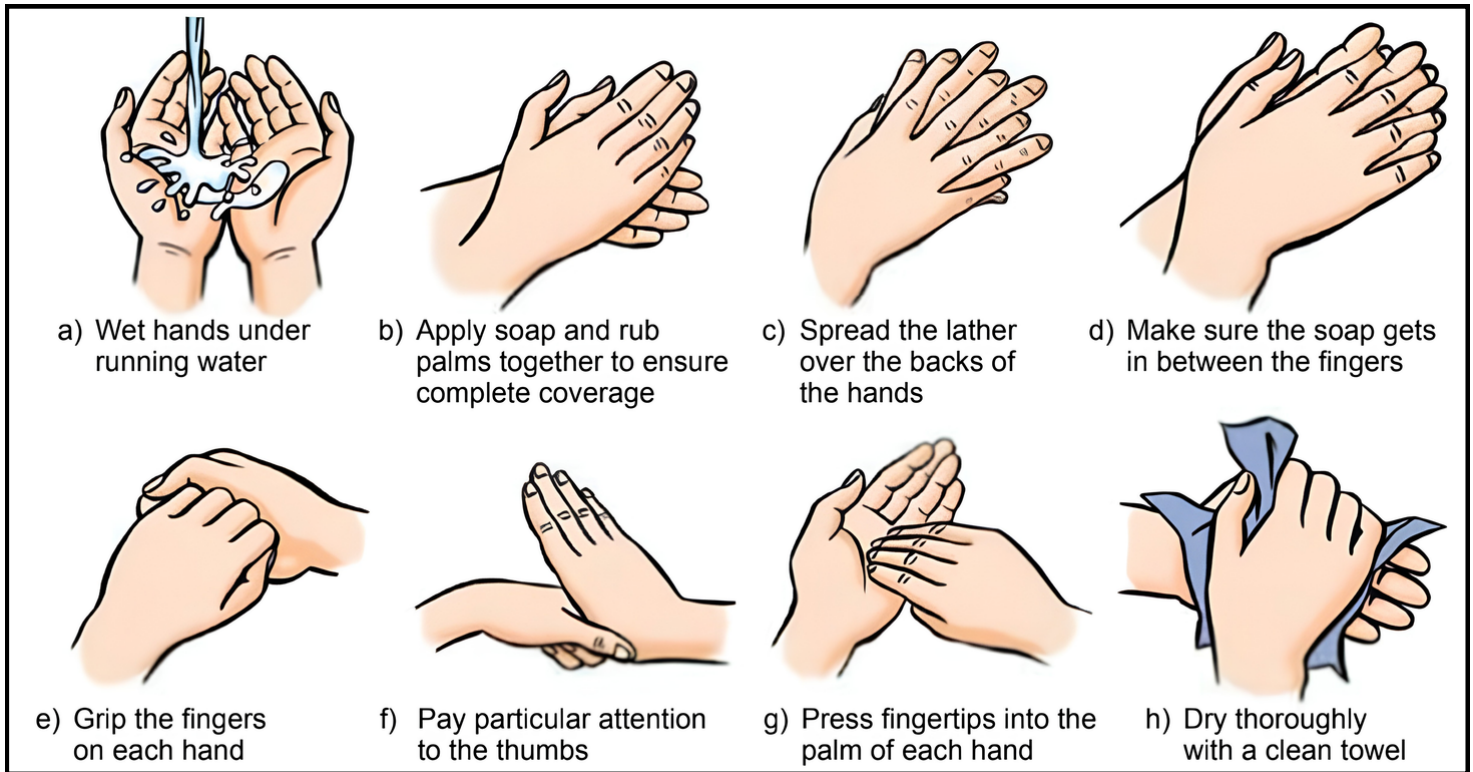
AFTER TOUCHING ANIMALS OR GARBAGE

8



AFTER COMING FROM OUTSIDE

HOW TO WASH YOUR HANDS?



After handwashing, why do we need to dry our hands and how to dry them?

We should dry our hands because more germs stick to wet hands than dry ones.

Wet hands transfer 1000 times more germs than dry hands.



DRY YOUR HANDS



USE PAPER



USE AIR DRYER



USE PERSONAL HANDKERCHIEF

If none of these are available, the safest option is to air-dry your hands.



First, shake your hands over the sink to remove any excess water.



Then use motion to air-dry your hands.

DO NOT DO THIS



Do not wipe hands on exterior surface of your clothes as they are usually contaminated.

DO NOT TOUCH



Also, do not touch the door handle while wet: Wet skin absorbs germs instantly.

If you must exit before your hands are fully dry, use your elbow, a paper towel, or your foot to push the base of the door open.

