

# DID YOU KNOW...

- \* Hands are the part of the body most exposed to microorganisms because they touch many things every day.
- \* Illnesses transmitted by the hands include cholera, intestinal worms, trachoma and schistosomiasis.
- \* 1.8 million people—that's more than the entire population of Venice, Italy—die every year from diarrhoeal diseases like cholera.
- \* Nine out of every 10 of those that die from diarrhoeal diseases are children under five.
- \* For every 25 people that suffer from a diarrhoeal disease, 22 are ill directly as a result of unsafe water, poor sanitation and poor hygiene.
- \* About 40% of the world's 400 million school-age children—that's roughly the same number as the total population of France, Spain and the United Kingdom—are infested with intestinal worms.
- \* Promotion of good hygiene like handwashing can reduce diarrhea cases by up to 45%.
- \* Good hand hygiene can reduce the chance of contracting and spreading respiratory infections.

The Wash Your Hands, Save a Life campaign is supported by World Water Monitoring Day™, as well as that program's coordinators and partners, in recognition of the United Nations International Year of Sanitation.

World Water Monitoring Day partners would like to extend special thanks to Procter & Gamble, the makers of Safeguard® and Ivory®, for its generous contributions to the Wash Your Hands, Save a Life campaign.



INTERNATIONAL YEAR OF  
SANITATION



2008



International  
Water Association



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Sanitation is a matter of life and death, particularly in the world's poorest countries where 2.6 billion people do not have somewhere safe, private or hygienic to go to the toilet. The simple act of washing hands with soap and water after going to the toilet can reduce diarrhoeal diseases by up to 45 percent.



Mr. Pasquale Steduto  
Chair, UN-Water

# YOU SHOULD WASH YOUR HANDS...

- \*Before and after preparing or eating food
- \*After going to the toilet
- \*After changing diapers or cleaning up a child who has gone to the toilet
- \*Before and after tending to someone who is sick
- \*After blowing your nose, coughing, or sneezing
- \*After handling an animal or animal waste
- \*After handling garbage
- \*Before and after treating a cut or wound

**1**



Wet hands and wrists with flowing water.

**2**



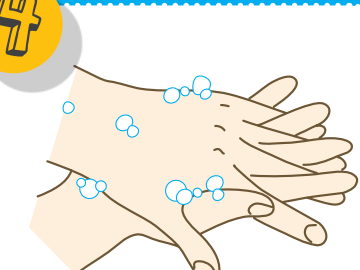
Apply soap (sand or ashes may be used if soap is unavailable.)

**3**



Lather soap and scrub hands palm to palm.

**4**



Scrub in between and around fingers.

**5**



Scrub back of each hand using the palm of other hand.

**6**



Scrub fingertips of each hand in opposite palm.

**7**



Scrub each wrist using opposite hand.

**8**



Rinse hands thoroughly with flowing water.

**9**



Pat hands dry with a clean cloth or allow them to air dry.