

HANDS OFF THE GERMS! CLEAN HANDS, HEALTHY YOU.



We touch our face over
300 times a day



Germs can survive on surfaces
for hours to days



Up to 80% of infectious diseases are
spread by hands



Proper handwashing can **reduce**
respiratory illnesses by 21%.

Every time you touch
a surface, you shake
hands with hundreds
of strangers.

**Don't bring germs home
– clean your hands.**



Join the #20SecondChallenge
how clean are your hands?

Soap. Water. 20 seconds. That's it.

