
...**HERE** and **NOW**

We have known for many years that washing our hands makes a difference to our health.

Handwashing remains one of the single most important actions that we can take to protect ourselves, and our families, from germs that can cause infection.

Simple handwashing removes most germs effectively. Soap and water is an effective weapon against the invisible intruders that we pick up on our hands during our daily activities.

Our hands are the perfect vehicle for germs, and we daily spread bugs when we choose not to wash our hands.

STOP GERMS SPREADING
wash your hands

What can **YOU** do?

Please ask for more information on **good handwashing**, and take home fun-filled **bug busting** and **happy hands** sheets for your children to enjoy.

Help protect yourself and your family

Wash your hands before...

- preparing food
- eating food


Wash your hands after...

- handling raw meat
- using the toilet
- changing a nappy
- touching rubbish bins
- using cleaning cloths
- playing with pets
- emptying litter trays
- working in the garden
- cleaning up blood or vomit

Ask your local healthcare team for further help and advice.

Hand Decontamination Booster PACK
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HANDWASHING
interesting facts
for good health



From **HISTORY** to ...

Oliver Wendell Holmes investigated the cause of 'childbed fever' and found that the disease was spread between patients by doctors and nurses from their hands.

1843



A doctor working in the maternity wards of the Vienna Hospital (Dr Ignaz Semmelweis) became the first clinician in history to reduce deaths by introducing handwashing.

1847



Florence Nightingale famously made a difference in war-torn Crimea – she proved that safe food, water and a clean environment reduced major diseases and saved lives in her military hospital.

1853



...**HERE** and **NOW**

HANDWASHING MAKES A DIFFERENCE

...and the **FUTURE ?**

... IT'S IN YOUR HANDS

ask your local
healthcare team
for information on
good handwashing