

Horrid Hands Fact Sheet



What makes our hands dirty?

We get microbes on our hands from everything that we touch like door handles, school desks, the floor or our pets. We also get microbes on our hands when we hold hands, pick our nose or sneeze into our hands!



Why should we wash our hands?

We wash our hands to get rid of bad microbes that might make us ill. It is important that we wash our hands after using the toilet, before eating or cooking, after stroking animals or after coughing or sneezing.

Did you know?

Surprise your friends and family with these fun facts!

- ➡ Most microbes on our hands are under our finger nails!
- ➡ Nearly everyone says they wash their hands after using the toilet, but more than half don't! Just think what may be on their hands!
 - Most toilet handles have 400 times more microbes than the toilet seat.
- ➡ There are more microbes on one person's hand than people on the planet.
- ➡ Hand-washing is the best way to stop microbes spreading.
- ➡ Microbes can stay alive on our hands for up to three hours!

