

KEEPING YOURSELF CLEAN

An infographic on hygiene:
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In order to be healthy, one would need proper food and exercise.
With eating and exercising comes the crucial need to watch your hygiene.

Presenting to you, an infographic about hygiene to teach you to keep your body healthy.

Did you know?

1

80%

OF ALL INFECTIOUS DISEASES ARE PASSED VIA HUMAN CONTACT

2

51%

FEWER STOMACH RELATED SICK DAYS REPORTED BY PEOPLE WHO WASH THEIR HANDS DAILY

3

70%

OF ALL FOODBORN ILLNESSES ORIGINATE DURING FOODSERVICE OPERATIONS, 40% OF WHICH ARE FROM POOR HANDWASHING

4

60%

MORE BACTERIA IS ELIMINATED USING 'ANTI-BACTERIAL' SOAP AS COMPARED TO REGULAR SOAP

5

20%

MORE BACTERIA IS ELIMINATED BY DOUBLING THE TIME SPENT WASHING HANDS FROM 15s TO 30s

TECHNIQUE OF WASHING YOUR HANDS



1
Rub palm of hands together



2
Right palm over left dorsum
Fingers interlaced



3
Palm to palm
Fingers interlaced



4
Back of fingers to palms
Fingers interlocked



5
Rub and rotate
Thumb clasped in opposite palm



6
Rub forwards, backwards and rotate
Clasped fingers in opposite palm

Therefore,

WASH YOUR HANDS OFTEN... ESPECIALLY:



BEFORE AND AFTER USING THE MEALS TOILET

USING THE CORRECT 6-STEP TECHNIQUE



Source:

<http://www.dailymail.co.uk/health/infographic/article-3561174/42255>