

Clean Hands Q&A



Why is it important to clean hands?

Most germs are spread by hands. Good hand hygiene is the single most important way to stop the spread of germs. In a busy day on campus, soap and water are not always available or convenient. Make sure to use an alcohol based hand sanitizer, like PURELL, to kill germs on hands often.

Are alcohol-based sanitizers safe?

Sanitizing products like PURELL® Instant Hand Sanitizer are safe and gentle enough to use even 10-20 times per day.

How does PURELL work?

The active ingredient in PURELL is fast-acting ethyl alcohol, which causes the germs on your hands to break down, die and then fall off your skin.

It's a germy world.

Reminder: keep your hands clean!

- **23% of adults don't wash their hands after using the bathroom.**³
- **There are 400 times more germs on a desktop than a toilet seat.**⁴ That's because restrooms are usually cleaned more regularly than work areas.
- **On the average keyboard there are 3,295 germs per square inch, but only 49 on the average toilet seat.**⁴
- **94% of \$1 bills carry germs that may cause infection.**⁵

Learn more about

GOJO Hand Hygiene Solution for Higher Education.

Visit <http://education.GOJO.com>

¹ American College Health Association-National College Health Assessment: Reference Group Executive Summary Spring 2006. Baltimore: American College Health Association; 2006

² White C, et al 2003. The effects of hand hygiene on illness rates among students in university resident halls. Am J Infect Control 31:364-70

³2007 American Society of Microbiology Harris Interactive Poll.

⁴C.P. Gerba. Germs in the Workplace. Unpublished observational study. University of Arizona.

⁵P. Ender. Bacterial Contamination of Currency. Presentation at the American Society for Microbiology, 2001



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LIT-COL-PMPH (3/09)

Miss a Day



And You Miss a Lot.

Hand hygiene
fights germs
that may make
you sick





Who has time to be sick?

36% of students said illness affected their academic performance.¹

You can't get the most out of class and studies when you're ill. The rest of your busy campus life suffers, too.

Illness 101: germs spread wherever students connect.

You come to class feeling fine, but the last person who sat at your desk was sick. **With a touch, germs that can cause illness spread to the desktop, and then onto your hands.** Now they're hitchhiking campus-wide with you — onto door handles, computer keyboards, books and the sandwich you're eating for lunch.

Get smart. Clean your hands.

According to the Centers for Disease Control and Prevention, **hand hygiene is one of the most important steps in preventing illness and stopping the spread of germs to others.** Wash your hands regularly with soap and water. When water isn't available, you can use an alcohol-based hand sanitizer, like PURELL.



43% fewer missed school days

among university students that used PURELL along with hand hygiene education vs. students that did not.²

Here's your assignment:
keep it clean.

Be sure to wash your hands or use **PURELL** in these situations:

- Before eating or snacking
- After using the restroom
- After sharing electronics (computer keyboards, game controllers, cell phones, MP3 players)
- After handling money
- After a workout at the gym
- When you cough or blow your nose
- Before you enter a classroom (so you're not tracking in germs)
- Before you head back home (don't take germs with you!)