

## 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.**<sup>3</sup>
- **There are 400 times more germs on a desktop than a toilet seat.**<sup>4</sup> 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.**<sup>4</sup>
- **94% of \$1 bills carry germs that may cause infection.**<sup>5</sup>

Learn more about

GOJO Hand Hygiene Solution for Higher Education.

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

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

<sup>2</sup> 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

<sup>3</sup>2007 American Society of Microbiology Harris Interactive Poll.

<sup>4</sup>C.P. Gerba. Germs in the Workplace. Unpublished observational study. University of Arizona.

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



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## 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.<sup>1</sup>

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.<sup>2</sup>

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 your not tracking germs in)
- Before you head back home (don't take germs with you!)