



# Send em' Packing!

## Keep germs from Attacking

### Hand Hygiene Fact Sheet

- The average person has 1,500 germs on each square centimeter of their hands, and the average bathroom faucet has more than 229,000 germs on each square inch.
- Adherence to hand hygiene (i.e., hand washing or use of alcohol-based hand rubs) has been shown to terminate outbreaks in health care facilities, to reduce transmission of antimicrobial resistant organisms (e.g., methicillin resistant staphylococcus aureus) and to reduce overall infection rates.
- CDC is releasing guidelines to improve adherence to hand hygiene in health care settings. In addition to traditional hand washing with soap and water, Centers for Disease Control (CDC) is recommending the use of alcohol-based hand rubs by health care personnel.
- Hand washing with soap and water remains a sensible strategy for hand hygiene in non-health care settings and is recommended by CDC and other experts.
- Alcohol-based hand rubs take less time to use than traditional hand washing, thus increasing compliance for use.
- Alcohol-based hand rubs are not appropriate for use when hands are visibly dirty or contaminated.



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