

Three critical reasons to teach handwashing early

“Go wash your hands!” For many people, that refrain is an all-too-familiar echo of childhood. Research on hand hygiene, however, finds that it is actually not familiar enough, or at least not having the intended effect.



1 Effective hygiene habits must start in childhood

The best place to learn healthy habits is at home – but schools need to step up, providing the handwashing programs and products that can educate and equip children as early as pre-school and no later than kindergarten.

66%

of Americans wash their hands after using the bathroom

2 Teaching handwashing can reduce anxiety as it instills healthy habits

By teaching children how to adequately wash their hands, and insisting that school bathrooms and individual classrooms be cleaned and supplied with soap, hand towels and hand sanitizer, parents can allay their children’s fears.



95%

don’t wash their hands long enough to effectively kill germs

3 Handwashing reduces childhood illness and keeps kids in school

Properly taught handwashing to school children leads to:

33%

decline in diarrhea rates

20%

reduction in respiratory infections



Fewer illnesses mean fewer trips to the doctor, less use of antibiotics, and more time in class.

Sources: 2018 Hygiene and Health Report – Essity | Handwashing: Clean hands save lives – CDC | Just 5% of bathroom users wash hands correctly – LiveScience | Here’s how many people actually wash their hands after using the bathroom – Huffington Post | Health and academic achievement – NIH | The relationship between school attendance and health – Robert Wood Johnson Foundation

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