

World Hand Hygiene Day



May 5, 2025, is World Hand Hygiene Day, but why is hand hygiene so important that it has its own day of celebration?

Great question!

Washing your hands (with soap and clean water) is one of the simplest and easiest ways to help decrease the spread of germs, diseases, and other conditions. It not only helps keep you safe and healthy, but it helps keep the people in your home and community safe and healthy.

Not only can germs spread from person to person, but they can spread from surfaces to people too, like when one prepares food with unwashed hands, or you cough into your hand and then touch another person or common object. That is why it is so important to wash your hands and wash them often!

Resources

- [About Handwashing | Clean Hands | CDC](#)
- [Hand-washing: Do's and don'ts - Mayo Clinic](#)
- [About Hand Hygiene as a Family Activity | Clean Hands | CDC](#)
- [Handwashing Facts | Clean Hands | CDC](#)
- [Mayo Clinic Hand Washing Video](#)
- [About Life is Better with Clean Hands Campaign | Clean Hands | CDC](#)

When should you wash your hands? That's another great question! According to the [CDC- Handwashing](#), handwashing should occur:

- Before, during, and after preparing food, and before and after eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching garbage
- After touching an animal, animal feed (pet food or treats too), or animal waste
- Before and after treating a cut or wound (or before and after doing any type treatment or procedure in the cases of caring for children with medical complexities or those that are considered medically fragile)
- Before and after caring for someone at home who is sick with vomiting or diarrhea

Now that we know why hand hygiene is important and when we should do it, let's talk about the correct way to wash your hands.

Handwashing is easy. Just follow these steps by the [Mayo Clinic](#):

1. Wet your hands with clean, running water
2. Apply soap
3. Scrub your hands together for at least 20 seconds (remember to scrub all areas of your hands - between your fingers, back of your hands, wrists and under your fingernails)
4. Rinse your hands under clean, running water
5. Dry your hands using a clean paper towel and use that paper towel to then turn the water off and to open the bathroom door or air-dry your hands

Want to see these steps in action? Watch this great video by the [Mayo Clinic](#).

It is important to teach children the importance of hand hygiene and how to wash their hands, so make it fun and get the whole family involved in hand hygiene.

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