

Atomy Hand Soap



What is personal hygiene?

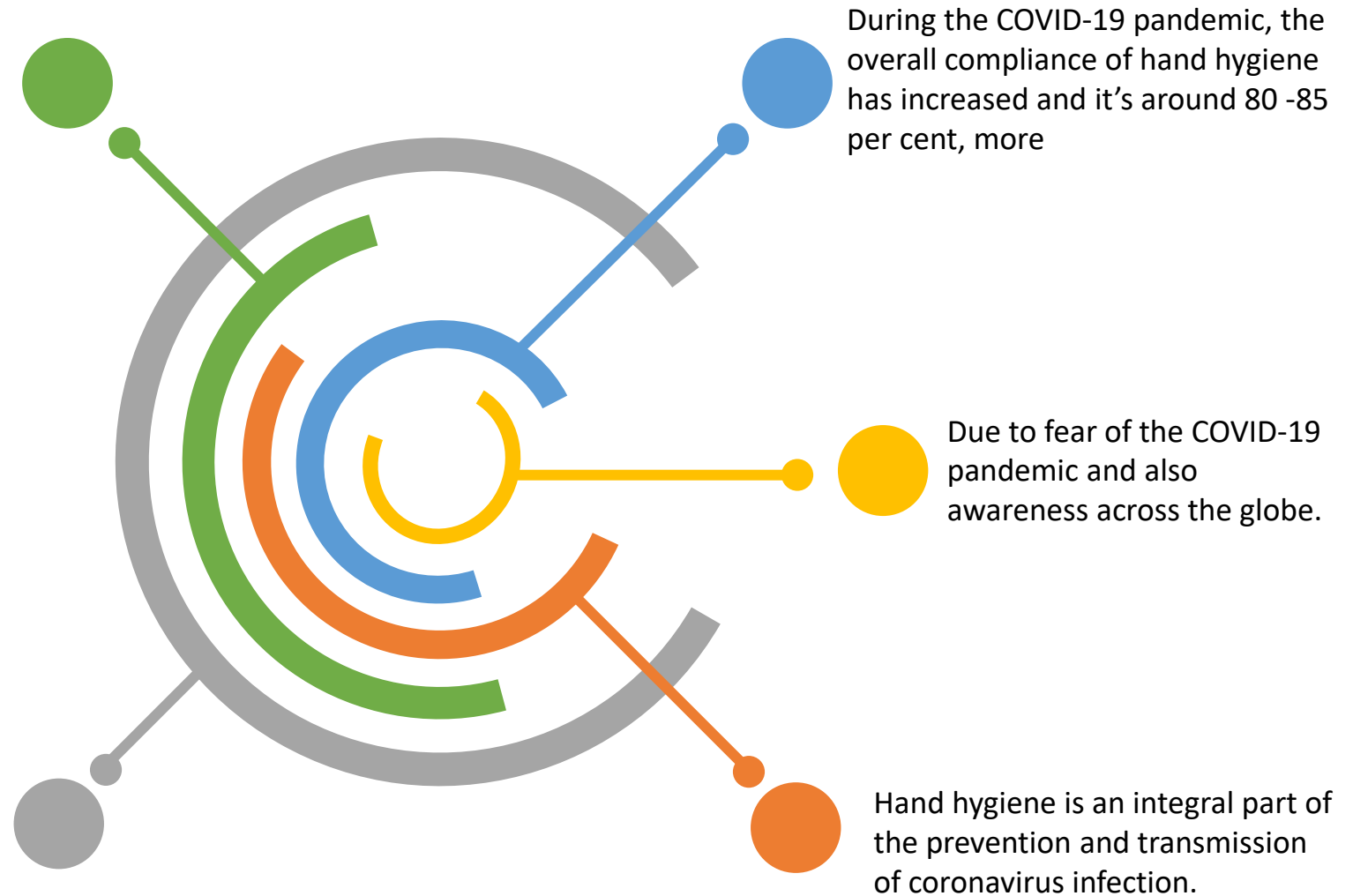


What is hand hygiene and hand washing?

Hand hygiene is a way of cleaning one's hands that substantially reduces potential pathogens (harmful microorganisms) on the hands.



Hand hygiene is considered a primary measure for reducing the risk of transmitting infection among patients and health care personnel.



Diseases caused if we do not wash our hands

✓ Common respiratory illnesses caused by poor hand hygiene:-

1. Influenza
2. Common cold
3. Chicken pox
4. Meningitis
5. Corona

✓ 80% of common infections are spread by hands. Washing your hands at least five times a day has been shown to significantly decrease the frequency of colds, influenza (the “flu”) and other infections.

✓ Hygiene promotion is one of the most cost effective public health interventions in general and for COVID-19 prevention.



What are Germs?

The term "germs" refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease.

We're estimated to have around 1,500 bacteria living on each square centimeter of skin on our hands.

Areas such as underneath the fingernails and between the fingers often harbour even more.



Washing hands well and often is the best way to prevent germs from leading to infections and sickness.

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands.

You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others

What germs can do?

- 1 Germs can survive for up to three hours on your hands.
- 2 There are between 2 to 10 million bacteria on your fingertips and elbows
- 3 The number of germs on your fingertips doubles after you use the toilet.
- 4 When you don't wash your hands, you transfer germs to the food and drinks you eat.
- 5 Your hands spread 1,000 times more germs when they are damp than when they are dry.
- 6 Nearly 80 percent of illness-causing germs are spread by your hands.



- 7 One in five people don't wash their hands & of those that do, only 30 percent use soap.
- 8 When you flush the toilet, germs can spray up to 6 feet.

Why should we wash our hands?

- ✓ Washing your hands is the best way to stop germs from spreading.
- ✓ Whatever you did today, you came into contact with germs.
- ✓ It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.
- ✓ You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick.
- ✓ Germs spread from surfaces to people when we touch a surface and then touch our face with unwashed hands.
- ✓ Proper handwashing is the best way to protect yourself and others from being exposed to SARS-CoV-2, the virus that causes COVID-19.



What is hand wash liquid? What does it do?

- ✓ A cleansing agent, manufactured in bars, granules, flakes, or liquid form, made from a mixture of the sodium salts of various fatty acids of natural oils and fats.
- ✓ A soap for cleaning the hands, now especially in a liquid or gel form.

- ✓ Handwashing with soap removes germs from hands.
- ✓ This helps prevent infections because People frequently touch their eyes, nose, and mouth without even realizing it.
- ✓ Germs can get into the body through the eyes, nose and mouth and make us sick.



Do I really need to wash my hands for 20 seconds?



- ✓ Scientific studies show that you need to scrub for 20 seconds to remove harmful germs and chemicals from your hands.
- ✓ If you wash for a shorter time, you will not remove as many germs.
- ✓ Make sure to scrub all areas of your hands, including your palms, backs of your hands, between your fingers, and under your fingernails.

Benefits of washing our hands

- ✓ Handwashing can reduce diarrheal diseases by 30% to 48%.
- ✓ Handwashing can reduce acute respiratory infections by 20%.
- ✓ Handwashing plays an important role in reducing the transmission of outbreak-related pathogens such as cholera, Ebola, shigellosis, SARS and hepatitis E.
- ✓ Hand hygiene is protective against healthcare-associated infections and reduces the spread of antimicrobial resistance
- ✓ Not only will it help keep you healthy, it will help prevent the spread of infectious diseases to others.



Difference Between Bar Soap and Liquid Hand Wash



Liquid wash reduces exchange of germs between users. As no one touches the soap

Liquid wash is convenient to use. These soaps come in fancy bottles with dispensers and so are easy to use.

Unlike the bar soaps, a liquid wash never gets mushy.

Liquid wash contains a lower pH level than bar soap.

Gentler and suitable for people with sensitive skin.

Bar Soap Increases exchange of germs between users. As everyone touches the soap

Bar soaps tend to harvest germs and bacteria on its wet surface

A bar soap turns slimy or mushy in standing water that leads to a mess as well as to wastage.

Many bar soaps have a higher pH level than liquid soaps.

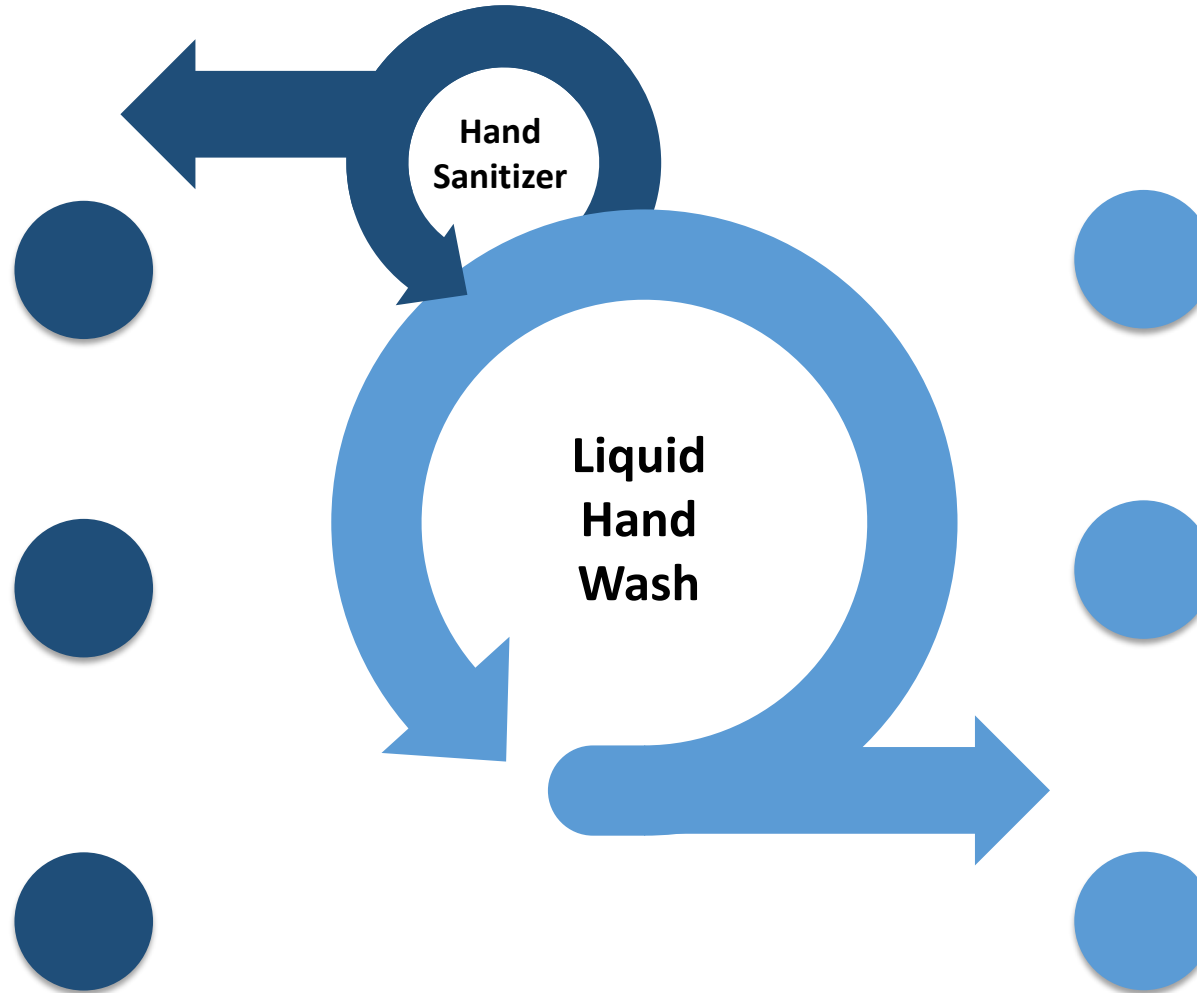
Such bar soaps can be more drying to the skin.

Is There a Difference Between Hand Sanitizer and Liquid Hand Wash?

Sanitizers are "leave on" products that kill bacteria on your skin.

Sanitizers kill most germs effectively (not all), they will not rid the skin of soils, dirt and some potentially harmful germs.

Sanitizers have alcohol content which can irritate the skin.



Liquid wash is "wash off" product that kill and remove bacteria from your hands.

Washing with liquid hand wash and water will thoroughly get rid the skin of soils, germs and dirt.

Washing with liquid hand wash does not have alcohol content

When to wash our hands?

