



THE SCIENCE BEHIND HAND-WASHING*



Hand soap is made of molecules called surfactants, which help to lift soil and microbes from skin



Lathering and scrubbing hands with soap and water creates friction, which helps lift dirt, grease, and microbes from skin



Rinsing hands with clean, running water helps carry dirt, grease, and microbes away from skin



Understanding the science behind hand-washing can help improve adherence of proper hand hygiene practice



TIP

MICROBES are all tiny living organisms that may or may not cause disease. **GERMS**, or pathogens, are types of microbes that can cause disease.