

GLOBAL HANDWASHING DAY – 2020

A message from SBM and UBA Nodal Officer, Dibrugarh University



Global Handwashing Day (GHD) is an international handwashing promotion campaign to motivate and mobilize people around the world to improve their handwashing habits. Washing hands at critical points during the day and washing with soap are both important. Global Handwashing Day occurs on 15 October of each year. The global campaign is dedicated to raising awareness of handwashing with soap as a key factor in disease prevention. Respiratory and intestinal diseases can be reduced by 25-50%. The Global Handwashing Partnership (GHP) (formerly called "Public Private Partnership for Handwashing" (PPPHW)) established Global Handwashing Day in 2008 as a way to promote a global and local vision of handwashing with soap. **Global Handwashing Day** serves as a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others.

The 2020 Global Handwashing Day theme is “**Hand Hygiene for All**”. This year's **theme** follows the recent **global** initiative calling on all of society to scale up **hand hygiene**, especially through **handwashing** with soap.

The three main Aims

- Foster and support a general culture of **handwashing** with soap in all societies.
- Shine a spotlight on the state of **handwashing** in each country.
- Raise awareness about the benefits of **handwashing** with soap.

The 7 Steps of Hand Washing

1. **Step 1:** Wet Hands. Wet your hands and apply enough liquid soap to create a good lather.
2. **Step 2:** Rub Palms Together.
3. **Step 3:** Rub the Back of Hands.
4. **Step 4:** Interlink Your Fingers.
5. **Step 5:** Cup Your Fingers.
6. **Step 6:** Clean the Thumbs.
7. **Step 7:** Rub Palms with Your Fingers.

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **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 an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

According to new research from the University College London, one should be looking at washing hands around six-10 times a day – with the findings suggesting that washing on such a regular basis will help lower the chances of contracting corona virus.

“WASH HANDS, WEAR MASK, STAY SAFE”

Thank you

***Dr. Shukla Acharjee
Assistant Professor
Centre for Studies in Geography***