



GLOBAL HANDWASHING DAY

OCTOBER 15



Celebrate Global Handwashing Day



Keeping hands clean helps prevent the spread of germs, like COVID-19. Read more about ways to [protect yourself and others](#) during the COVID-19 pandemic.

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family.

Why Wash Your Hands?



Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu.

Hand Hygiene at School



School-based programs promoting hand hygiene can result in less illness and fewer missed school days.

Handwashing: A Family Activity



When your family is healthy, you don't have to worry about missing school, work, or other activities.

Hand Hygiene in Healthcare Settings



See CDC's recommendations and resources for hand hygiene in healthcare settings.



Handwashing: When & How

Learn about key times to wash, the five steps, and more information.



Show Me the Science

See the data behind handwashing and using hand sanitizer.



Hand Hygiene at Home and in the Community
Learn ways to promote hand hygiene in your home and community.



Health Promotion Materials
Use resources to promote handwashing and prevent illness.



Global Handwashing Day
Each year on October 15, this observance highlights the importance of handwashing.



Hand Sanitizer Use Out and About
Learn information about when and how to use hand sanitizer.



Publications, Data, & Statistics
Find information on key hand hygiene topics.



Training and Education
Find links to information on trainings and educational resources.

Communication Resources



Use CDC materials to raise awareness of hand hygiene in your community:

- [Posters](#)
- [Videos](#)
- [Stickers](#)
- [Fact Sheets](#)
- [Campaigns](#)
- [Social media library](#)
- [Podcasts](#)

[Get Materials](#)

Frequent Questions About Hand Hygiene



Get answers to frequently asked questions about washing your hands and using hand sanitizer in community settings.

Additional Resources

- [Hand Hygiene at Work](#)
- [Handwashing: A Healthy Habit in the Kitchen](#)
- [Show Me the Science – How to Wash Your Hands](#)
- [Show Me the Science – When & How to Use Hand Sanitizer in Community Settings](#)

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