1. ❓ Why does washing our hands take more than a quick rinse?
2. 🙋 Washing with soap and clean, running water helps remove dirt and germs. Scrubbing gives us time to clean the places we often miss.
3. ⏳ In 1847, physician Ignaz Semmelweis introduced hand cleansing with an antiseptic solution in a maternity clinic, helping reduce deaths from childbed fever. Careful observation changed how people cared for patients.
4. 💡 Wet your hands, apply soap, and scrub for at least 20 seconds. Include your palms, the backs of your hands, between your fingers, and under your nails. Rinse and dry thoroughly.
5. 🔍 Hands can look clean and still carry germs. Good habits matter even when the reason for them is too small to see.
6. 🌎 Washing before eating and after using the restroom is a practical way to care for ourselves and our neighbors. Caring often begins with ordinary acts of faithfulness.
7. 🎯 Before your next meal, follow the five steps and use a 20-second timer while scrubbing. Teach the routine to someone in your family. Explain why both scrubbing time and cleaning every part of your hands matter.

References · CDC: Handwashing · CDC: Hand-hygiene history
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