

THE HYGIENE OF WHAT YOU EAT IS IN YOUR HANDS



Hands hygiene often get misunderstood. Why? Since we are young, we are imposed to wash our hands before eating and, willingly or not, we do it without really understanding the importance of this act.

Maybe not everyone knows that on our hands thrive averagely 150 different species of bacteria, and get them clean is not only important but vital.

In theory all is clear, but practically what's the meaning?

A teacher from North Carolina made an experiment so simple as impressive: to convince her students to regularly wash their hands, the woman put three slices of bread in three closed plastic bags.

The first slice had been handled only with sterile gloves, the second one by just washed hands and the last one by dirty hands. These three slices of bread, left in their bags for some days, shown the effect of time and.. of bacteria. The white crumb handled by dirty hands creepily turns blue-green.

The experiment proves that a careful hands hygiene can make the difference in what we eat. Simply because hands often get in touch with the mouth, they are an easy vehicle of transport of viral and bacterial

infection, so that since 2008 the *Global Handwashing Day* has been established, the global day dedicated to the theme of diseases by bad hands hygiene prevention.

Promoted by the World Health Organization, the appointment is on the 15th of October to sensibilibize the public opinion on the importance of hands hygiene in all fields, from the restaurants to the health sector.



Source: Donna Gill Allen/Facebook

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Allegrini Solution in 4 steps



#1 Goal – Hygienization: if you have water at disposal and you don't want a simple soap: choose the professional product **Maniguard con sanitizzante**



#2 Goal – Disinfection: if you don't have water at disposal nor paper and you need to quickly disinfect the hands: try the alcoholic solution **Primagel Plus** ☒



#3 Goal – Technic: now you know what you need, so read the **vademecum** for a correct hand hygiene.



#4 Goal – Knowledge: read the article about the flash-mob that Allegrini promoted with the campaign “**Save lives: clean your hands**”

Now it's up to you!

Follow the practise for a careful hands hygiene with Allegrini products.