



Date: 15-10-2020

Venue: KLEF (Online event)

## **HAND WASH QUIZ**

This Quiz is conducted by KL University 22(A) battalion NCC. The reason of conducting this event is as follows:

- TO BRING AWARENESS ON WASHING HANDS
- HELPS EVERYONE TO BE HEALTHY.

This Quiz is all about bringing awareness and encouraging people to wash their hands.



- Hand washing with soap removes germs from hands. This helps prevent infections.
- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.

- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through hand washing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about hand washing helps them and their communities stay healthy. Hand washing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40%
- Reduces diarrheal illness in people with weakened immune systems by 58%

Hand washing helps battle the rise in antibiotic resistance:

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Hand washing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds) <sup>2, 5</sup>. Antibiotics often are prescribed unnecessarily for these health issues <sup>14</sup>. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the

world. Hand washing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

No. of students participated: 148