



**HIDDEN DANGER TRANSMITTED
FROM HAND TO HAND**

Hidden Danger in Crowded Areas

In our daily lives, we spend time in many crowded places almost every day, such as shopping malls, offices, hospitals, public transportation vehicles, and airports. In such crowded and people-intensive environments, the frequency of infectious diseases and the risk of transmission to healthy people also increases in direct proportion to the number of people in the environment.



Are We Aware Of The Danger?

Every day we touch many objects contaminated with pathogenic microorganisms (pathogens) around us, causing these pathogens to be transmitted to our body first, and then transmit some of them to other objects or people. These objects, which we use in our daily lives without realizing their risk, mainly include places such as scouring sponges, toilets, computers, mobile phones, steering wheels, elevator buttons, and door handles.



How Big Is The Risk In Airplanes?

According to researches, the dirtiest places in airplanes, one of the most used public transportation vehicles, are tray tables. It is stated that the reason for this dirtiness is because airline cleaning staff do not have time to completely clean tray tables due to short transfer times between flights. According to researches, the dirtiest places and the amount of microorganisms that can be found in airplanes and airports are as follows.

- Tray tables: 336 CFU / cm²
- Water dispensers: 193 CFU / cm²
- Air vents: 45 CFU / cm²
- Flushers: 41 CFU / cm²
- Safety belt buckles: 36 CFU / cm²
- Toilet locks: 11 CFU / cm²

CFU / cm²: The number of colony-forming units in 1 cm²
(CFU=colony-forming unit)

The reason why toilets are cleaner than tables is that toilets are cleaned more frequently than tables.



Think Twice Before Touching!

Many viruses and bacteria that cause diseases affect people when they are transmitted through the mouth or nose. People who carry pathogens can spread these microorganisms to other healthy individuals through objects or food they touch if they do not wash their hands properly. When an object contaminated with microorganism is touched, microbes penetrate the body from the mouth and nose through hands.

Pathogens mainly spread in 6 ways.

- Transmission of body fluids to hands through sneezing, coughing, rubbing eyes, and transmission of these fluids to other individuals through contaminated hands
- Transmission of pathogens to objects through hands that are contaminated due to not washing hands properly after using the toilet, and then to other individuals who touch these objects
- Transmission of pathogens to hands from raw food such as chicken or vegetables, and then to other individuals due to not washing hands properly
- Transmission of pathogens to hands as a result of contact with animals, and then to other individuals due to not washing hands properly
- Contamination of hands due to fecal matter during diaper change and transmission to other individuals through contaminated hands
- Contamination of pathogens to food due to poor cleaning of hands during cooking

The most common pathogens that can be extremely dangerous include Escherichia coli, pseudomonas aeruginosa, staphylococcus aureus, and candida albicans microorganisms. These microorganisms cause many diseases such as diarrhea, hepatitis A, dysentery, and influenza. Besides, many types of viruses such as H1N1 (swine flu virus), SARS, and MERS cause quite lethal diseases.

How Can We Eliminate The Risk?

The simplest way to protect yourself from infectious diseases is to regularly wash your hands in a proper way. Hands should be washed with liquid soap every time they get dirty. Besides, washing hands for 30 seconds instead of 15 seconds reduces the risk of disease formation up to 10 times. Especially at critical points such as food production facilities or hospitals, hands should be washed with disinfectant liquid soap and dried with disposable paper towels and then disinfected with alcohol-based hand disinfectants. The use of alcohol-based hand disinfectants after using the toilet in bus terminals, airports, shopping centers, offices and hotels, and crowded areas reduces the risk of disease transmission.

Another issue that is as important as proper hand washing in hand hygiene is the proper drying of hands. Researches proved that the microorganisms left on hands spread over 2 to 3 meter area via water droplets, if hands are dried with hot air hand dryers. If hands are dried with a disposable paper towel as recommended by WHO, the number of microorganisms on hands decreases by 76-77% and there is no risk of spreading them around and transmit to others.



You can ensure the following with proper and regular hand washing;

- 16-21% reduction in respiratory diseases such as cold
- 58% reduction in the rate of catching an illness among people with weak immunity
- 31% decrease in diseases causing diarrhea.



Eczacıbaşı Profesyonel knows the importance of a healthier society and carries out studies to make living areas more hygienic. In this context, hygienic environments are provided and the risk of spread of infectious diseases is reduced with the special solutions offered by Eczacıbaşı Profesyonel. Eczacıbaşı Profesyonel provides hygiene solutions with its disinfectant liquid soap and alcohol-based hand hygiene products in Maratem Personal Hygiene product range and Selpak Professional tissue paper product series. Offering customized solutions to its customers, Eczacıbaşı Profesyonel provides training, audit, and consultancy services to businesses with the EP Akademi unit, which provides training to more than 6,000 employees within a year.

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