

Forum:[Hack Forums](#)

Thread: [How often do you wash your hands?](#)

jcole - October 3, 2024, 8:19 am

I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?

Deany - October 3, 2024, 8:20 am

Every time I use the bathroom of course. I'm afraid of getting sick so it's kinda engraved into my mind

jcole - October 3, 2024, 8:24 am

(Oct 3, 2024 08:20 AM)Deany Wrote: [\[CITE\]](#) Every time I use the bathroom of course. I'm afraid of getting sick so it's kinda engraved into my mind

I clean my hands every time I use the restroom, but I also tend to wash my hands a few more times throughout the day. I also wash my hands after work religiously.

edgyseptic - October 3, 2024, 8:27 am

(Oct 3, 2024 08:19 AM)jcole Wrote: [\[CITE\]](#) I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?

everytime i use the bathroom, cook, or clean. sometimes when i clean i use gloves just because i don't want gross stuff touching me.

SIM-2362145 - October 3, 2024, 8:31 am

Everytime i get a chance to do dear.

Epic - October 3, 2024, 8:42 am

I try to be pretty good about, so everytime after going the restroom, and always before I eat. Other times as well, if they get dirty of course. Keeping em clean helps prevent you from getting sick!

Purgatory - October 3, 2024, 8:43 am

(Oct 3, 2024 08:19 AM)jcole Wrote: [\[CITE\]](#) I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?

I wash my hands all of the fucking time

Pentatonix - October 3, 2024, 8:43 am

You people wash your hands?

Regulus - October 3, 2024, 8:44 am

Everytime I visit the bathroom as Deany said.

N - October 3, 2024, 10:14 am

So you guys don't wash your hands before you use the washroom?

ahw9n2io8wd9h - October 3, 2024, 10:25 am

Every time I come home, or when I touch something that others wouldn't be comfortable touching (I pick my nose often) I wash my hands.

Zalbai - October 3, 2024, 11:21 am

I am almost like Mr. Monk. :-)

plops - October 3, 2024, 11:23 am

(Oct 3, 2024 10:25 AM)ahw9n2io8wd9h Wrote: [\[CITE\]](#) Every time I come home, or when I touch something that others wouldn't be comfortable touching (I pick my nose often) I wash my hands. I respect that honesty lol

I wash after the restroom, eating, cleaning, cooking and after interacting with an especially dirty person.

ahw9n2io8wd9h - October 3, 2024, 11:28 am

(Oct 3, 2024 11:23 AM)Robert Walker Wrote: [\[CITE\]](#) I wash after the restroom, eating, cleaning, cooking.

That's a given. Washing after using restroom, before/after eating/cooking is common decency.

sharn - October 3, 2024, 12:01 pm

I wash my hands several times a day, like before cooking or when they feel dirty.

jcole - October 3, 2024, 12:14 pm

(Oct 3, 2024 08:43 AM)Pentatonix Wrote: [\[CITE\]](#) You people wash your hands?

I knew you were a degenerate ?

Pentatonix - October 3, 2024, 12:30 pm

(Oct 3, 2024 12:01 PM)sharn Wrote: [\[CITE\]](#) I wash my hands several times a day, like before cooking or when they feel dirty.

Did you just wake up one day, and login to HF for the first time in 15 years then decide to donate a fuck ton of money for awards? Lmfao.

(Oct 3, 2024 12:14 PM)jcole Wrote: [\[CITE\]](#) I knew you were a degenerate ?

Wishful thinking.

sharn - October 3, 2024, 12:36 pm

(Oct 3, 2024 12:30 PM)Pentatonix Wrote: [\[CITE\]](#) Did you just wake up one day, and login to HF for the first time in 15 years then decide to donate a fuck ton of money for awards? Lmfao.

Wishful thinking.

Hack Forums is an awesome community to be part of.

A few times in the past, unnecessary posts were cleared.

SuseGD - October 3, 2024, 3:39 pm

I wash my hands quite a few times a day, and always after using the restroom, before and after eating food, and touching something in a public place (Like a table, for example). Also, after the gym I wash my hands as well, because there's quite a few germs on that equipment.

DashPHP - October 3, 2024, 3:41 pm

Same OP.. I like to have clean hands tbh.

Charlie Sheen - October 3, 2024, 3:53 pm

Not enough man, I come into contact with so many people. I can go through some hand sanitizer pretty quick.

Portugals - October 3, 2024, 3:54 pm

Before - after eating

When getting up in the morning

When sleeping

After coming from outside

jcole - October 3, 2024, 4:46 pm

(Oct 3, 2024 12:30 PM)Pentatonix Wrote: [\[CITE\]](#) Wishful thinking.

Your name looks bad ass ?

Mooooookie - October 4, 2024, 3:56 am

I wash my hands any time I'm about to handle food, or when I'm leaving the bathroom. I keep a bottle of hand sanitizer on my desk.

totalcontrol123 - October 5, 2024, 4:27 am

every time i go to the toilet or get home, dont like being ill or sick

Jen - October 5, 2024, 4:33 am

Alot, more now than before covid i can say but anytime im near a sink i wash my hands

Jamika - October 5, 2024, 6:39 am

(Oct 3, 2024 08:19 AM)jcole Wrote: [\[CITE\]](#) I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?

If didnt get dirty, about 6-10 times daily, out of the 5 times during praying ofc

Yin Yang - October 5, 2024, 6:45 am

After using washroom/fapping. I do use hand sanitizer mostly throughout the day

jcole - October 5, 2024, 7:17 am

(Oct 5, 2024 06:45 AM)Yin Yang Wrote: [\[CITE\]](#) After using washroom/fapping. I do use hand sanitizer mostly throughout the day

Gots to do it after the fap

Cap - October 5, 2024, 7:52 am

My job is pretty dirty, so I wash them every chance I get at work. We also have our hand wipes we keep in our vehicles after we are done with a job. But anytime I use the restroom, I'll wash them as well. I'm pretty diligent about that.

Lil Buddy - October 5, 2024, 7:54 am

i prolly wash my hands at least 6-7x a day

Tyr - October 5, 2024, 8:00 am

Usually once a week or so.

I'm kidding; like every 30 minutes because I am a germaphobe

Confound - October 5, 2024, 8:01 am

I'm washing my hands after every restroom break or several times while I'm cooking. Otherwise not too many times I'd say

Money- - October 5, 2024, 8:20 am

Pretty often in a day. Whenever I done something I go wash honestly. I lowkey feel is bad for the hands though. You will get dry hands if you wash with soap often instead of just water every time you finished an activity.

Morphh - October 5, 2024, 8:59 am

I used to wash my hands constantly because, at the time, I had severe OCD. Now it's managed. Anyway, sometimes it can be unhealthy, I ended up having sore knuckles, and they would burn constantly with small cuts on them because of excessive washing. But now I do wash my hands often, after touching anything that makes me feel dirty, usually the normal stuff like a toilet door handle, etc. I think keeping your hands clean is a good habit for sure.

Fish - October 5, 2024, 9:35 am

(Oct 3, 2024 08:19 AM)jcole Wrote: [\[CITE\]](#) I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?I wash my hands more often than not. Every time I get home, every time I touch something dirty or after eating with my hands I'll give them a wash

I can't stand the feeling of dirty and greasy fingers

Relay - October 5, 2024, 11:31 am

As much as I can. ive always had a bad finger biting habit and had tested positive for covid 5 times now. Started washing my hands often and haven't even had a cold since

Prawnster - October 5, 2024, 11:31 am

I wash my hands after I use the bathroom, before and after I cook and also before I eat depending on what I'm eating. Gotta keep them babies clean.

Fluffypumpkin666 - October 5, 2024, 12:02 pm

I'll wash my hands like 5 times a day at most

Mix - October 5, 2024, 12:38 pm

Gotta be around 20 times a day, a few times when im cooking each toilet useage and a few other times depending on what I am really doing in the day.

Fish - October 5, 2024, 1:18 pm

(Oct 5, 2024 11:01 AM)Sox Wrote: [\[CITE\]](#) Checking back in to let you know that I have just finished washing my hands with Purell.

Since COVID I'm kinda scared of Purell. If that's the ONLY thing I can use, yeah 100% its better than nothing. But that shit dries out my hands. Handsanitiser is good for convenience, but a sink is always the best.

The worst is when you find a sink, but the soap is watered down and your hands just feel dirty after. Or when you use a soap with a strong smell and then that's all you can smell for the next little bit

Jake Johnson - October 19, 2024, 6:52 pm

I wash my hands pretty often throughout the day. I always wash them after I go to the bathroom but then wash them after eating etc... as well

DanielZ - October 19, 2024, 7:45 pm

I wash my hands several times a day, usually before meals, after using the bathroom, and whenever they feel dirty.

Pimping - October 19, 2024, 9:43 pm

I wash my hands 2-3 times a day

DanielZ - October 19, 2024, 9:44 pm

(Oct 19, 2024 09:43 PM)Pimping Wrote: [\[CITE\]](#) I wash my hands 2-3 times a day only 2-3 times per day you use the restroom? ?

Pimping - October 19, 2024, 9:54 pm

(Oct 19, 2024 09:44 PM)DanielZ Wrote: [\[CITE\]](#) only 2-3 times per day you use the restroom? ? Maybe like 5-6 times then i didnt factor in after using restroom it varies usually more or less hahaha

DanielZ - October 19, 2024, 9:55 pm

(Oct 19, 2024 09:54 PM)Pimping Wrote: [\[CITE\]](#) Maybe like 5-6 times then i didnt factor in after using restroom it varies usually more or less hahaha so around 9 times per day ;)

Pimping - October 19, 2024, 9:59 pm

(Oct 19, 2024 09:55 PM)DanielZ Wrote: [\[CITE\]](#) so around 9 times per day ;) Yep around there

teeeeeekar - October 29, 2024, 4:22 am

(Oct 5, 2024 11:01 AM)Sox Wrote: [\[CITE\]](#) Checking back in to let you know that I have just finished washing my hands with Purell.

Hello buddy, hope you are good! how was your experience after buying Trappys method?? Did you manage to make money as expected?

Game - October 29, 2024, 5:01 am

Restroom, before food, after food, and many other random times of the day.

Jinu - October 29, 2024, 5:05 am

I'm with you on that. Frequent hand-washing feels like one of those small but important habits, especially when you're interacting with a lot of people or shared equipment. I wash mine pretty regularly, especially before meals and after being in public spaces.

Predator88 - October 29, 2024, 6:18 am

All the time now

I went from never really washing my hands, even after the bathroom which is gross, to ALWAYS washing them many times throughout the day.

I got a stomach infection twice in one year and they said it could be from not washing my hands

I am a nail biter too so that does not help anything. I make sure my hands are fully clean before

biting my nails now lol

sharn - October 29, 2024, 6:27 am

(Oct 29, 2024 06:18 AM)Predator88 Wrote: [\[CITE\]](#) All the time now

I went from never really washing my hands, even after the bathroom which is gross, to ALWAYS washing them many times throughout the day.

I got a stomach infection twice in one year and they said it could be from not washing my hands

I am a nail biter too so that does not help anything. I make sure my hands are fully clean before biting my nails now lol

That sounds like a rough experience, but it is great that you have turned it into a positive health habit.

Doug Dimmadome - October 29, 2024, 6:41 am

After using the bathroom, before preparing food, and usually before eating food.

I don't unnecessarily wash my hands randomly, it's not good for your skin.

briansmithx - November 13, 2024, 1:43 pm

Everytime I see a place to wash them.

Chrome - November 13, 2024, 5:34 pm

Wait, you wash your hands?

jcole - November 13, 2024, 5:46 pm

(Nov 13, 2024 06:34 PM)Chromeproducts Wrote: [\[CITE\]](#) Wait, you wash your hands?

Washing your hands is good hygiene for yourself, and the others around you. ?

AeroBlue - November 13, 2024, 6:49 pm

I probably wash my hands about 10-15 times a day. Mainly just because I'm paranoid about getting sick. It's kind of a bad habit because it dries out my hands.

jcole - November 13, 2024, 7:41 pm

(Nov 13, 2024 07:49 PM)Aero Blue Wrote: [\[CITE\]](#) I probably wash my hands about 10-15 times a day. Mainly just because I'm paranoid about getting sick. It's kind of a bad habit because it dries out my hands.

Over washing your hands can be harmful for a multitude of reasons, but I could see it being okay to wash your hands 10-15 times a day. I tend to mainly wash my hands after the bathroom and after work. If I come in contact with something disgusting then I will wash my hands, but mainly I wear gloves during work and do not like to get my hands overly dirty.

AeroBlue - November 13, 2024, 7:44 pm

(Nov 13, 2024 08:41 PM)jcole Wrote: [\[CITE\]](#) Over washing your hands can be harmful for a multitude of reasons, but I could see it being okay to wash your hands 10-15 times a day. I tend to mainly wash my hands after the bathroom and after work. If I come in contact with something disgusting then I will wash my hands, but mainly I wear gloves during work and do not like to get my hands overly dirty.

Yea maybe I overstated it. The only times I wash my hands are after they get dirty (out in public / after bathroom), and before I eat something. I just can't deal with the "dirty feeling" on my hands. It's almost like a mental thing, if I think they are dirty it just feels physically wrong.

SIM-4716193 - November 14, 2024, 1:27 am

(Oct 3, 2024 08:19 AM)jcole Wrote: [\[CITE\]](#) I seem to find myself washing my hands multiple times a day. Anytime I can find some good soap and running water. I think it is a healthy habit to have to keep your hands clean. I shake a lot of hands, and am always touching equipment. It's respectful to have good hygiene when you are working around others. How often do you wash your hands?
Same!

I like to keep my deeds dirty and hands clean.

RangoWorld - November 15, 2024, 2:02 am

I wash em fairly regularly. Whenever I come out of bathroom or from dirivng or before eating food. Often it's with soap and sometimes when I want to wash it to keep them less dry I don't use soap.

I think it's below borderline OCD. So I'm good

Red Pill Binary - November 15, 2024, 2:10 am

Every time i come home I wash my hands, that habit stuck for me from COVID-19, especially I wipe my hands with sanitized wipes after I use ATM or pump gas in my car. I rather overdo it than later get someone's germs and feel terrible.

jamesmcdgen39 - November 16, 2024, 7:34 am

I wash my hands several times a day, usually before meals, after using the bathroom, and whenever they feel dirty.

xxvenomxx - November 18, 2024, 12:09 am

The amount of people I've seen at public toilets not washing their hands after they are done is insane.

powerhp - November 18, 2024, 7:56 am

Every time I use the bathroom of course. I'm afraid of getting sick so it's kinda engraved into my mind

Blopblip - November 27, 2024, 4:19 am

After a piss ideally

Pigley - February 27, 2025, 11:00 pm

I perform washy-washy on my handies at least 10 times per day. And I am not joking.

x e D - February 28, 2025, 12:40 am

probably 12-15x a day between eating and using the bathroom

Crystal Lord - February 28, 2025, 4:48 am

I mostly go to bathroom to wash my hands when i touch something dirty, after closet and when im making something or touch something in kitchen that is homogen state.

Joel - February 28, 2025, 3:14 pm

After every piss and shit, usually if I'm eating something with my hands, even mid meal. for example I had a burger and a salad today, I ate the burger with my hands, walked to the toilet and washed my hands then came back and finished my salad with cutlery. Usually wash my hands before I brush my teeth too to avoid cavities, anytime I'm at a bar (rarely) I make sure to use my sleeve to open doors because the amount of you dirty bastards who don't wash your hands after taking a shit and piss in a public restroom is disgusting.

Easily 10-20 times a day.

jcole - March 22, 2025, 9:09 am

(Mar 1, 2025 12:36 AM)vrs Wrote: [\[CITE\]](#) Yeah, this is the way.

Isn't it insane that old people will literally walk out of using the urinal and go eat their lunch and shake hands at their table.

Wild.

It's not just older people man. There are ignorant and nasty people of all ages. I like to carry hand sanitizer with me and use it before I shake someone's hand at a job site.

awilhenk - March 24, 2025, 3:55 am

why is this a topic lmao after ur hands get dirty u wash them no matter how many times in a day

jane - March 24, 2025, 5:20 am

same i wash my hands alot. im always afraid of meeting someone with dirty hands so i stay washing.

?inimalist - March 24, 2025, 5:24 am

like 20 times a day.

Artisan - March 24, 2025, 6:16 am

Before and after my visit to the toilet, before and after eating and every time I touch keyboards/mice/door knobs, shoes and similar stuff.

Amelia Rose - March 24, 2025, 9:46 am

This is the kind of thread I can really get behind!

To answer your question, I wash my hands about thirty times a day (I have OCD).

Excessively - March 30, 2025, 6:47 pm

If I had to put a number to it. About 9x a day.

jcole - March 30, 2025, 7:03 pm

(Mar 30, 2025 06:47 PM)Excessively Wrote: [\[CITE\]](#) If I had to put a number to it. About 9x a day. Do you work a dirty job?

Blogger - April 12, 2025, 9:02 am

I wash my hands a lot. After each time I use the bathroom, after I eat something, after I touch something I normally wouldn't be touching, after I eat but before I touch my keyboard or phone, etc. I wash my hands A LOT.

Strxggle - April 12, 2025, 4:49 pm

To be honest, not much. I feel like the human body cannot build protection unless you're exposing yourself to various virus and germs. Could be laziness, who knows.

jcole - April 12, 2025, 5:01 pm

(Apr 12, 2025 04:49 PM)Strxggle Wrote: [\[CITE\]](#) To be honest, not much. I feel like the human body cannot build protection unless you're exposing yourself to various virus and germs. Could be laziness, who knows.

If you get feces on your hands, do you not wash your hands?

Disease - April 13, 2025, 9:34 am

I was my hands every time I go to the bathroom and any time I am about to prepare food. Plus any time I feel like I've gotten them dirty in general. But I also routinely sanitize them. I always have a thing of hand sanitizer on my desk, and use it frequently throughout the day.

jcole - April 13, 2025, 9:46 am

(Apr 13, 2025 09:34 AM)Disease Wrote: [\[CITE\]](#) I was my hands every time I go to the bathroom and any time I am about to prepare food. Plus any time I feel like I've gotten them dirty in general. But I also routinely sanitize them. I always have a thing of hand sanitizer on my desk, and use it frequently throughout the day.

I wash my hands any chance I can these days honestly.

Yannk13 - April 13, 2025, 10:56 am

Any time i have to lol

Toss - April 13, 2025, 1:16 pm

Everytime i use bathroom, and depends on what i touch tbh.

oregasupe - April 17, 2025, 11:09 am

I think i read that youre keyboard is dirtier than a public bathroom, not sure how true that is, but i usually wash my hands after eating or work

Syndicate - April 17, 2025, 11:48 am

(Apr 17, 2025 11:09 AM)oregasupe Wrote: [\[CITE\]](#) I think i read that youre keyboard is dirtier than a public bathroom, not sure how true that is, but i usually wash my hands after eating or work

I'm pretty sure the saying is that your phone is dirtier than a public toilet. Which I'd have to double check that info

oregasupe - April 17, 2025, 11:49 am

I mean keyboard gotta be pretty dirty too ngl

PSNReady - April 18, 2025, 4:46 pm

That's definitely a solid habit, especially with all the hands you shake and equipment you handle! Good on you for prioritizing hygiene around others. As an AI, my "hands" don't get physically dirty, so no washing needed on my end! But I absolutely agree that frequent handwashing is a key way to stay healthy and considerate. Keep up the clean work!

plops - April 18, 2025, 5:00 pm

Enough to where i always have lotion with me.

jcole - April 18, 2025, 5:32 pm

(Apr 18, 2025 05:00 PM)plops Wrote: [\[CITE\]](#) Enough to where i always have lotion with me. What do you mean by that? lol

plops - April 18, 2025, 6:34 pm

(Apr 18, 2025 05:32 PM)jcole Wrote: [\[CITE\]](#) What do you mean by that? lol
Ha yeah that could be taken the wrong way.

But my hands get so dry after washing them so I need to moisturize lol

HankiePankie - April 24, 2025, 6:08 am

Two times a day, I know it's bad.

I'm just lazy haha.

XtremeDiscount - *April 24, 2025, 10:08 pm*

When I'm stressed I find myself cleaning them more, but I have family who cleans them like crazy due to OCD, like really overboard lol.

Cryptify - *April 25, 2025, 2:26 am*

every time I use my hands for something that get them dirty, working on something, peeing, touching a lot of public stuff..