

Hand Hygiene

A Guide for Patients/Families



What is hand hygiene?

Hand hygiene refers to the removal or killing of germs on the hands. When done correctly, hand hygiene is the single most effective way to prevent the spread of infections. Using soap and water or an alcohol-based hand rub can help achieve hand hygiene.

Why should hand hygiene be performed?

Hand hygiene must be done to prevent infections. Unfortunately, all patients are at risk of getting infections in the hospital, which can be life-threatening and difficult to treat.

You can take action by asking the people taking care of you to clean their hands.

When should hand hygiene be performed?

- Before and after caring for someone who is sick (even if gloves were used);
- Before and after preparing and eating food;
- Before and after touching your eyes or face;
- After blowing your nose, coughing or sneezing;
- After using the washroom;
- After handling garbage, diapers or cleaning up children who have used washroom facilities;
- Before and after treating a cut or wound;
- When hands are visibly dirty;
- After touching hospital surfaces such as bed rails, bedside tables, doorknobs, remote controls or telephones.

***Remember:
Hand hygiene saves lives.***

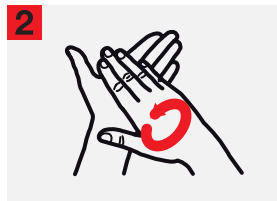
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

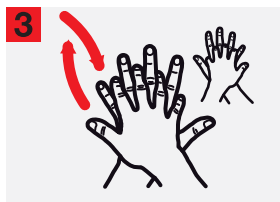
⌚ Duration of the entire procedure: 20-30 seconds



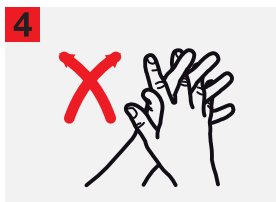
Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



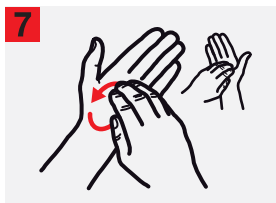
Palm to palm with fingers interlaced;



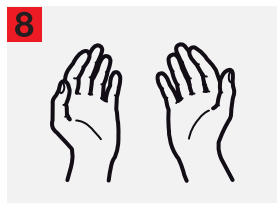
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

Patient Safety

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SAVE LIVES

Clean Your Hands

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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



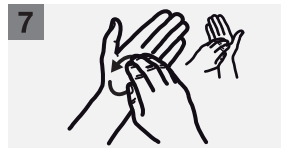
Palm to palm with fingers interlaced;



Backs of fingers of opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



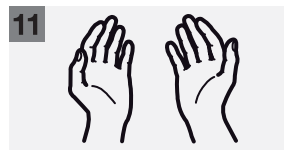
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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It is your right to have safe care.

If you are worried about your healthcare worker having unclean hands before caring for you, you have the right to ask them to clean their hands. This is not always an easy thing to do, and unfortunately some healthcare workers may not respond well to a reminder. If this happens, the healthcare worker should be reported to their supervisor. Sometimes visitors can help remind healthcare workers if patients find it too difficult to do so.

***Remember:
Ask your doctors, nurses and other
health workers to
clean their hands before they
examine you.***

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf
https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf

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