



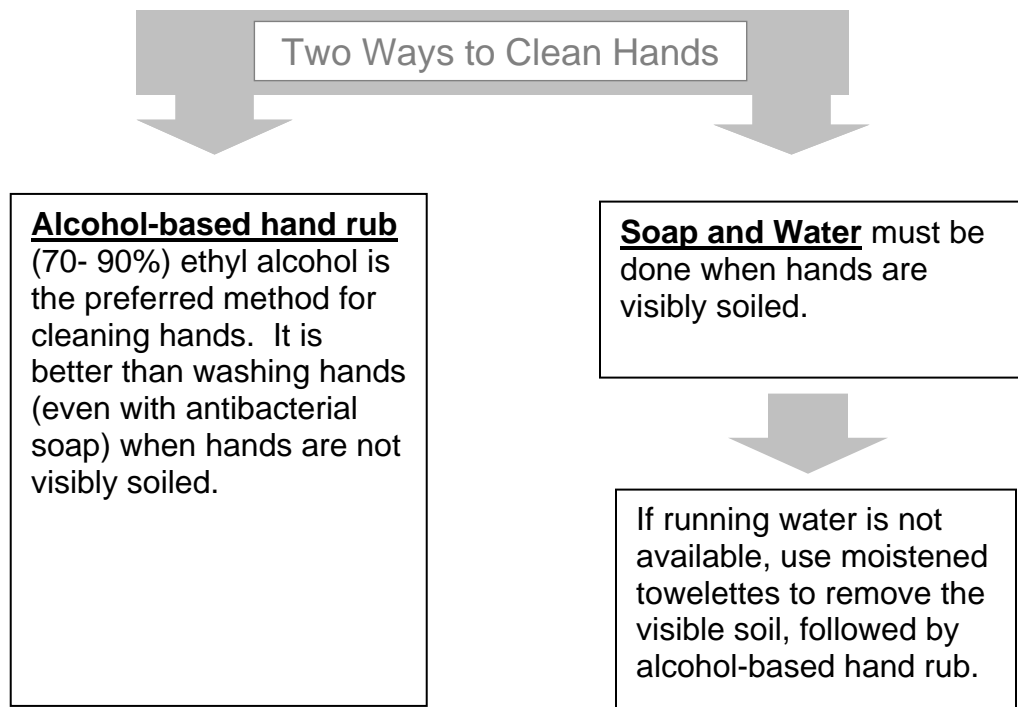
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## Hand Hygiene

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**When done correctly, hand hygiene is the single most effective way to prevent the spread of disease.**

**Hand hygiene:** Any action of hand cleaning.



### Alcohol Based Hand Rub

- It is usually more accessible and takes less time – 15 seconds.
- Alcohol is a natural antiseptic. It kills bacteria, fungi and viruses in seconds, without water, and evaporates quickly, leaving no residue on the skin. It physically destroys the germs.
- Hand sanitizers will not cause bacteria to become resistant to medications because there is no alcohol left behind.
- Quarter size drop, rub all over hands, fingers and wrists until evaporated.

### Soap and Water

- Must be performed when hands are visibly soiled because the effectiveness of

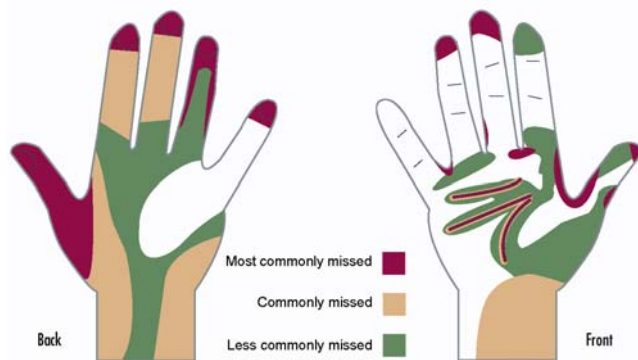
alcohol is inhibited by the presence of dirt.

- The mechanical action washing, rinsing and drying is most important.
- Make sure your hands have a soapy lather for at least 15 sec.
- Rinse well.
- Dry hands with paper towel and don't forget to use that paper towel to turn the tap off, do not use your bare hands.

### **When should hands be washed?**

- After using the washroom (includes changing of diapers)
- Before and after eating or handling food
- After touching raw meat, poultry or fish
- After handling garbage
- Before and after caring for sick people
- After playing with animals
- Anytime you think of it.

### **Commonly Missed Parts of the Hands after Hand Hygiene**



### **Teaching Children Hand Hygiene**

- Alcohol hand sanitizers are safe for children.
- Children under the age of 6 years require supervision. Keep children's hands away from their face and eyes until hands are dry. Alcohol content will completely evaporate in approximately 15 seconds.
- Keep hand sanitizers out of small children's reach.