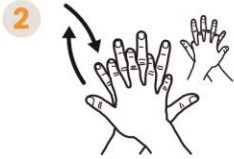


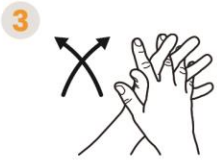
# how is hand hygiene performed?



1 rub hands palm to palm



2 right palm over left dorsum with interlaced fingers and vice versa



3 palm to palm with fingers interlaced



4 backs of fingers to opposing palms with fingers interlaced



5 rotational rubbing of left thumb clasped in right palm and vice versa



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

# hand hygiene

for patients and visitors

## remember

When you go and visit family and/or friends, do not forget to clean your hands before and after visiting to stop the spread of potentially harmful germs and for the safety of everyone.



# hand hygiene



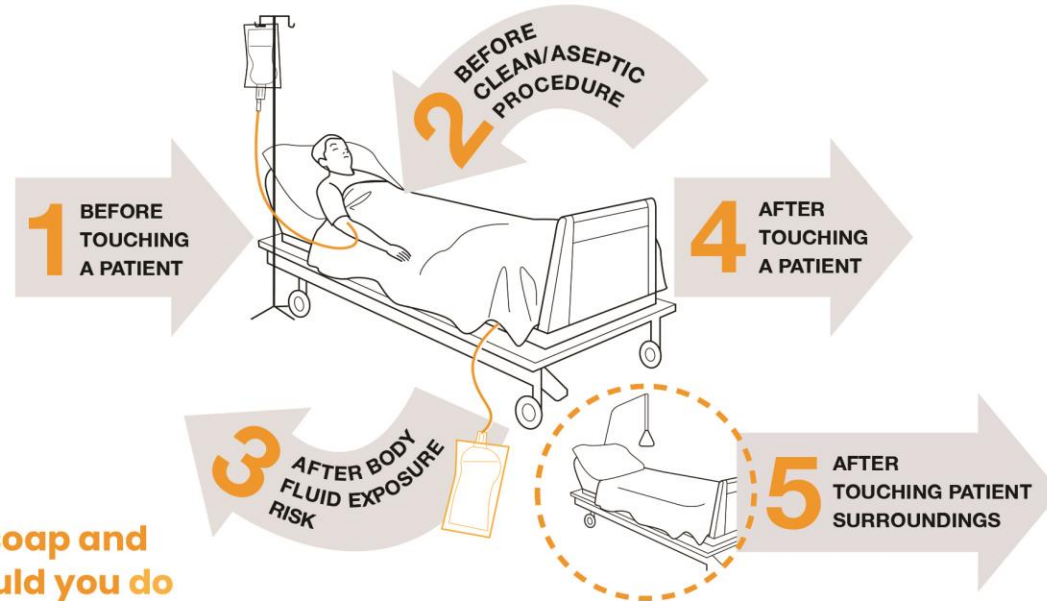
## what is hand hygiene?

'Hand Hygiene' includes handwashing with soap and water and handrubbing using hand sanitizer.

## why is hand hygiene important?

'Hand Hygiene' is the primary measure proven to be effective in preventing healthcare-associated infections and the spread of antimicrobial resistance (WHO, 2009) from patients to patients or from patients to the surroundings and vice versa.

## 5 moments for hand hygiene during patient care:



## when would you do handwashing with soap and water and when would you do handrubbing with hand sanitizer?

wash your hands with soap and water and not using hand sanitizer in the following situations:



during diarrhoeal illness



when hands are visibly soiled/dirty



before preparing or consuming food



after going to the toilet



the duration for handwashing with soap and water: 40 - 60 seconds



the duration for handrubbing with hand sanitiser: 20 - 30 seconds