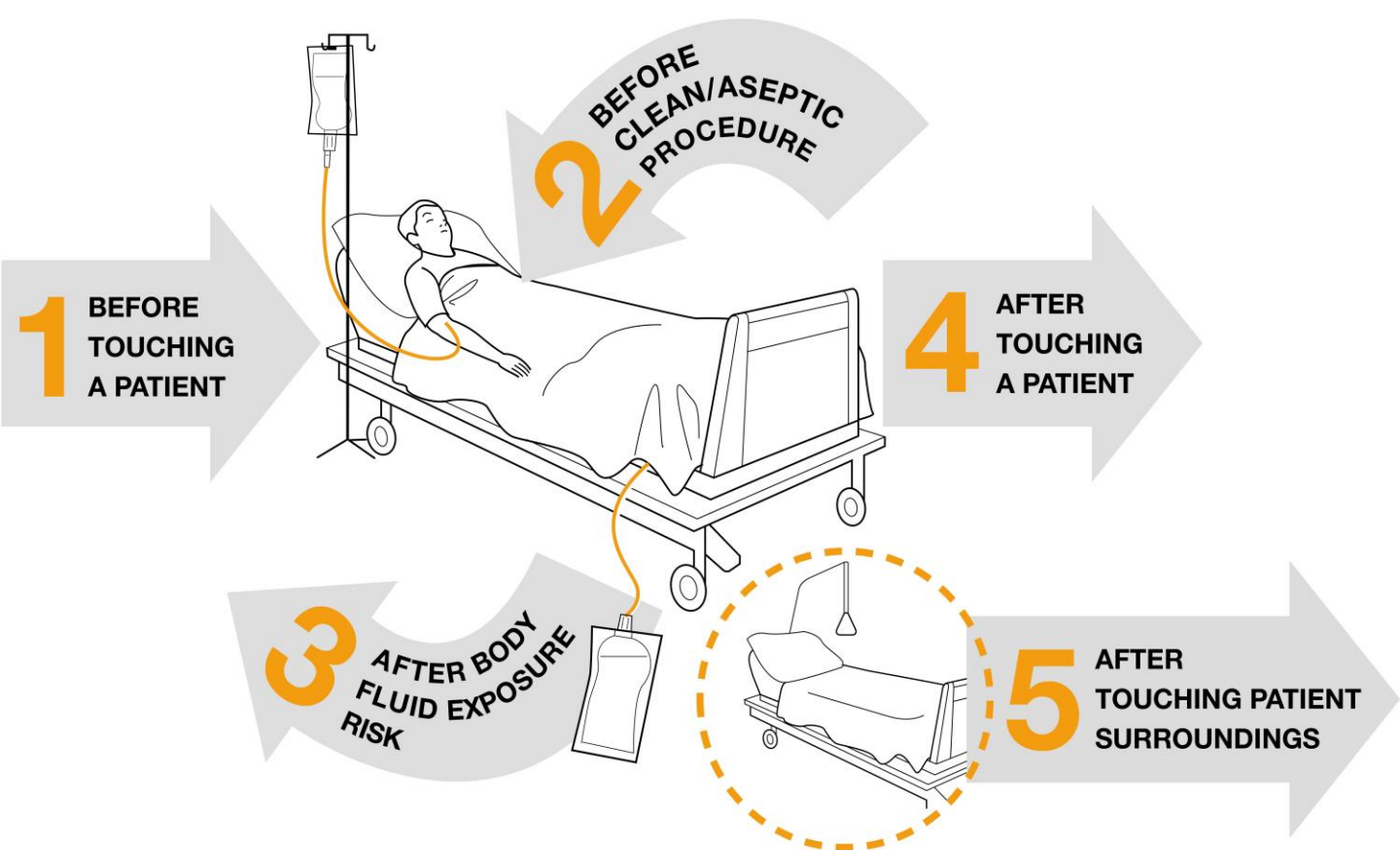


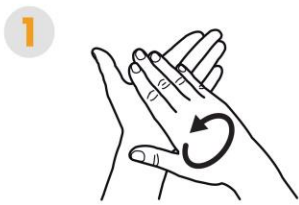


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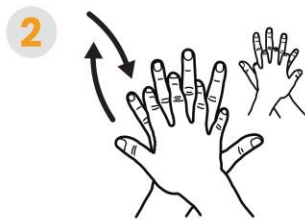
in the care of patients, 5 moments for hand hygiene



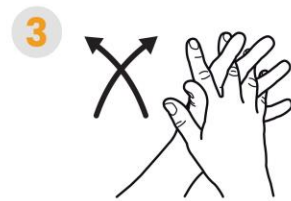
6 steps of hand hygiene



1
rub hands palm to palm



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



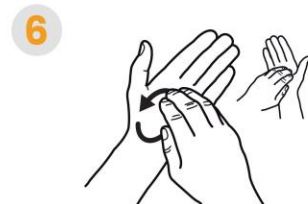
3
palm to palm with fingers interlaced



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





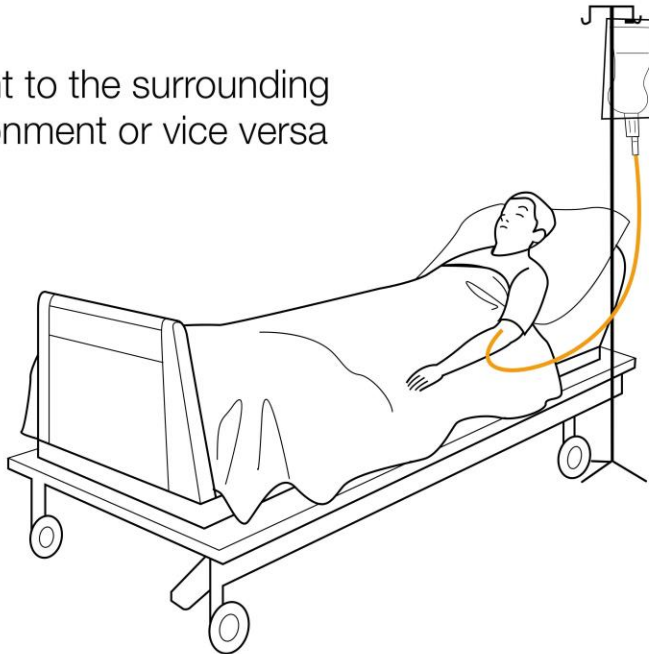
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how can a patient acquire an infection while being admitted in hospital?

hands are the most common vehicle to transmit pathogens from:

patient to the surrounding environment or vice versa



patient to patient





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hand hygiene is the single most effective way of reducing healthcare-associated infections

clean hands.
avoid infections

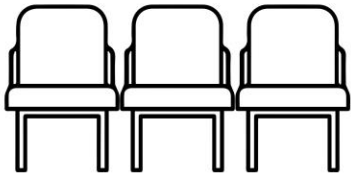




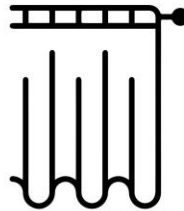
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germs are everywhere including hospitals



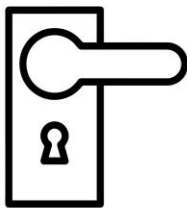
chairs in waiting areas



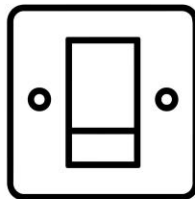
hospital curtains



wheelchairs



door knobs



light switches



toilet seats





for the public, important moments to clean your hands:



after using the toilet



when the hands are soiled/dirty or after performing activities with a risk of soiling the hands such as after changing children's diapers



before preparing food or eating

while in the hospital:

before visiting or touching another patient

after visiting or touching a patient

after touching patient's surroundings



facilities available in the hospital for hand hygiene:



hand wash
sinks

handrub at
entrance/exit of wards
and clinics

handrub at
end of bays in the ward

handrub at
end of
beds

