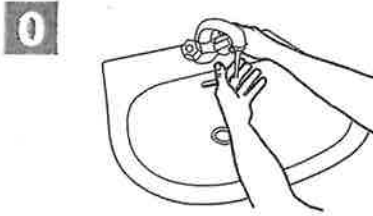


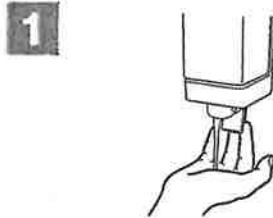
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

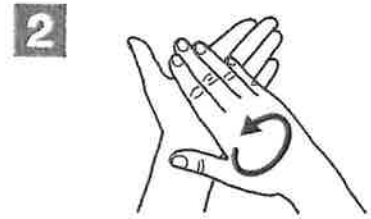
Duration of the entire procedure: 40 to 60 seconds



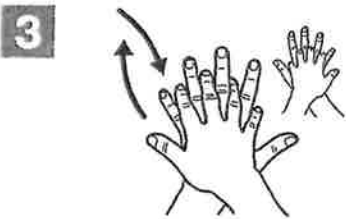
Wet hands with water;



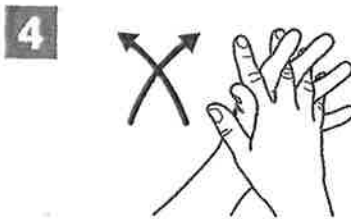
Apply enough soap to cover all hand surfaces;



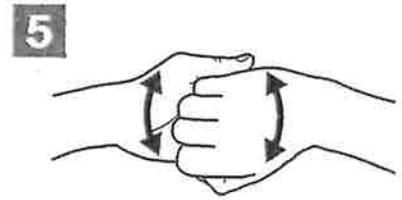
Rub hands palm to palm;



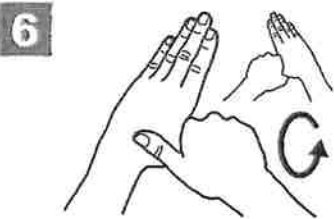
Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



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



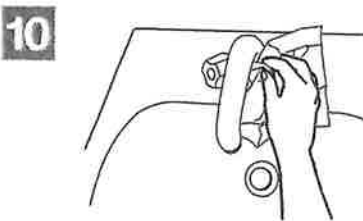
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



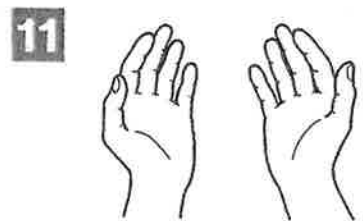
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

WHO is a specialized agency of the United Nations, devoted to international public health, to the eradication of infectious diseases, to the promotion of the highest attainable standard of health and to the organization of the world health services. The WHO is the leading authority on global health. The WHO is the only international organization that has a mandate to coordinate the global health response to the COVID-19 pandemic. The WHO is the only international organization that has a mandate to coordinate the global health response to the COVID-19 pandemic. The WHO is the only international organization that has a mandate to coordinate the global health response to the COVID-19 pandemic.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a

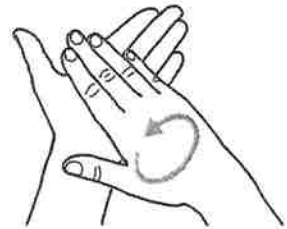


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

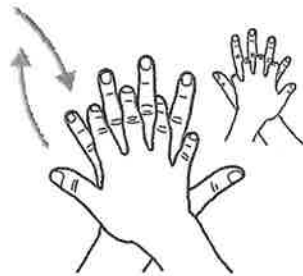


2



Rub hands palm to palm;

3



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

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



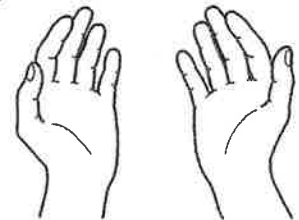
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.



World Health Organization

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Handrubbing procedures have been taken by the World Health Organization from the information contained in this WHO fact sheet. However, the published information is only distributed as a service of the WHO and does not constitute a recommendation for the use of any product. The responsibility for the interpretation and use of any product lies with the user. For more information, please contact the World Health Organization at <http://www.who.int/handrub> or handrub@who.int. The information is for informational purposes only and does not constitute a recommendation for the use of any product.

Hand Hygiene Quick Facts

Hand hygiene is a general term referring to any action of hand cleaning. Hand hygiene relates to the removal of visible soil and removal or killing of transient microorganisms from the hands while maintaining good skin integrity.

All humans carry microorganisms on the skin. These have been divided into two groups- transient and resident bacteria. Transient or contaminating bacteria colonize the upper layers of the skin and are acquired during direct contact with clients/patients/residents, health care providers, contaminated equipment or the environment. Transient bacteria may also be easily passed on to others or to objects in the environment and are a frequent cause of healthcare associated infections (HAI). Resident bacteria are found in deeper layers of skin and are more resistant to removal. These bacteria do not generally cause HAI and can be beneficial to the good health of the skin.

Effective hand hygiene kills or removes transient bacteria on the skin and maintains good hand health.

What is the Difference between using an Alcohol-based Hand Rub and Washing Hands with Soap and Water?

There are two methods of killing/removing microorganisms on hands:

Hand sanitizing with a 70-90% alcohol based hand rub (ABHR) is the preferred method, when hands are not visibly soiled, for cleaning hands. Using easily-accessible ABHR in health care setting takes less time than traditional hand washing and has been shown to be more effective than washing with soap and water when hands are not visibly soiled.

Hand washing with soap and running water must be performed when hands are visibly soiled. The effectiveness of alcohol is inhibited by the presence of organic material. The mechanical action of washing, rinsing and drying is the most important contributor to the removal of transient bacteria that might be present.

The 4 Moments for Hand Hygiene in Health Care:

1. Before initial patient/patient environment contact
2. Before performing an invasive/aseptic procedure
3. After care involving risk of body fluid exposure
4. After patient/patient environment contact

Hand Care and Hand Adornments

Condition of the Hands: Intact skin is the body's first line of defense against bacteria, therefore careful attention to hand care is an essential part of the hand hygiene. The presence of dermatitis, cracks, cuts or abrasions can trap bacteria and compromise hand hygiene. Dermatitis also increases shedding of skin squames and therefore shedding of bacteria.

Nails: Long nails are difficult to clean, can pierce gloves and harbour more microorganisms than short nails. Nails should be kept short and clean

Nail Polish: Chipped nail polish or nail polish worn longer than 4 days can harbour microorganisms that are not removed by hand washing.

Artificial nails or nail enhancements: Acrylic nails harbour more microorganisms and are more difficult to clean than natural nails. They have been implicated in transmission of HAI. Artificial nails or nail enhancements should not be worn by health care providers.

Jewellery: Rings and bracelets should not be worn by those with direct contact with patients. Jewellery is hard to clean, hides bacteria and viruses from the action of the hand hygiene agent and increases the risk of tears in gloves. If a watch is worn it must be pushed up above the wrist by staff caring for patients before performing hand hygiene.