

## Why should you practice hand hygiene?

- Infections you get in the hospital can be life-threatening and hard to treat.
- All patients are at risk for hospital infections.
- You can take action by asking both your healthcare providers and visitors to wash their hands.

## When should you practice hand hygiene?

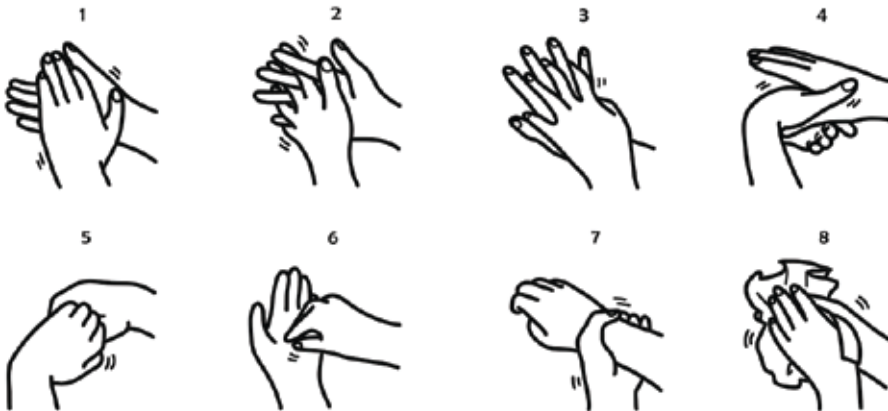
- Before preparing or eating food.
- Before touching your eyes, nose, or mouth.
- Before and after changing wound dressings or bandages.
- After using the restroom.
- After blowing your nose, coughing, or sneezing.
- After touching hospital surfaces such as bed rails, bedside tables, doorknobs, remote controls, or the phone.

### Remember!

Healthcare workers should practice hand hygiene

- Every time they enter your room
- Before putting on gloves. Wearing gloves alone is not enough to prevent the spread of infection
- After removing gloves

## How to hand wash



## 1. With Soap and water

- Wet your hands with warm water. Use liquid soap if possible.
- Pour a dose of liquid soap in the hollow of your hand.
- Rub your hands together until soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
- Continue rubbing your hands for 20 seconds. Need a timer? Imagine singing the "Happy Birthday" song twice.
- Rinse your hands well under running water.
- Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.

## 2. With an alcoholbased hand rub:

- Follow directions on the bottle for how much of the product to use. (2 pumps)
- Rub hands together and then rub product all over the top of your hands, in between your fingers and the area around and under the fingernails
- Continue rubbing until your hands are dry

## Ways of hand washing

### Use soap and water:

- When your hands look dirty
- After you use the bathroom
- Before you eat or prepare food

### Use an alcohol-based hand rub

- When your hands do not look dirty
- If soap and water are not available

To make a difference in your own health, practice hand hygiene which is the most effective way to prevent infections!



## Hand Hygiene

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