



Save Lives, Clean Your Hands



Performing Hand Hygiene takes Dedication, Mindfulness and Time but it is the *single most effective way for stopping the spread of infection*. Protect yourself and those around you from potentially deadly germs by disinfecting your hands using soap and water or alcohol based hand sanitizer.

Remember...**Clean Hands Save Lives!**

Some fun facts on Hand Hygiene:

- Alcohol based hand sanitizer does **NOT** create antibiotic resistant superbugs. Alcohol based hand sanitizers kill germs quickly but in a different way than antibiotics do. Using alcohol based hand sanitizers will **NOT** cause antibiotic resistance.
- Your hands **CAN** spread germs – most germs that cause healthcare associated infections are spread by the hands of the healthcare provider. Clean your hands often to protect yourself and your patients.
- Healthcare providers may clean their hands as many as **100 times in a 12 hour shift** depending upon the number and the intensity of patient care.
- Alcohol based hand sanitizers are 99% effective at removing the germs we pick up on our hands -- soap and water is 95% effective. While Alcohol based hand sanitizers are not recommended for those patients with Clostridium difficile infections (an inflammation of the colon with infectious diarrhea) it is still the overall recommended best practice for hand hygiene and is less drying than using soap and water.
- Wearing gloves is NOT a substitute for hand hygiene. Dirty gloves can soil your hands. **ALWAYS** disinfect your hands after removing gloves.

When do you need to clean your hands?

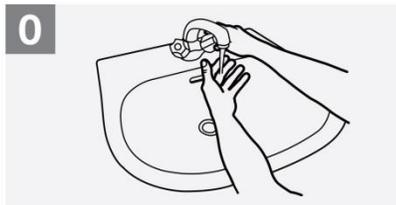
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after inserting contact lenses
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



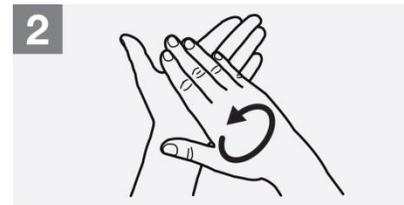
Duration of the entire procedure: 40-60 seconds



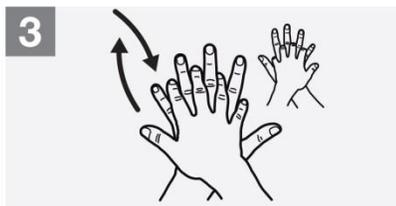
0 Wet hands with water;



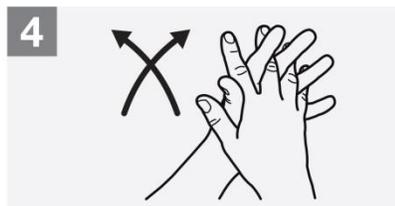
1 Apply enough soap to cover all hand surfaces;



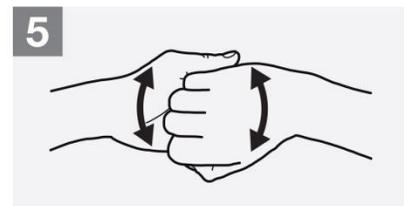
2 Rub hands palm to palm;



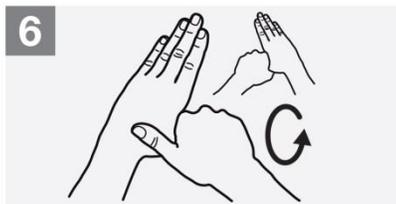
3 Right palm over left dorsum with interlaced fingers and vice versa;



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;



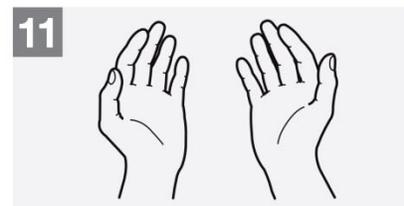
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

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SAVE LIVES
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WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

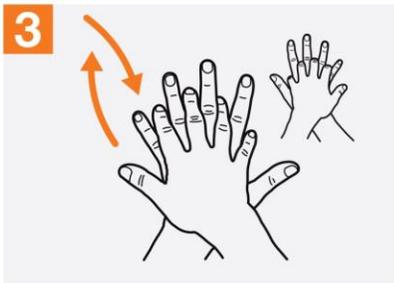
 **Duration of the entire procedure: 20-30 seconds**



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



Rub hands palm to palm;



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



Palm to palm with fingers interlaced;



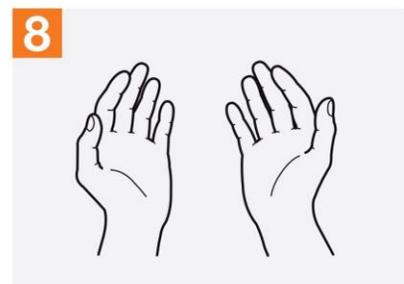
Backs of fingers to opposing palms with fingers interlocked;



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;



Once dry, your hands are safe.



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