Information On HAND HYGIENE





Why do you need to clean your hands?

Hands - the most common vehicle of transmitting germs. Our hands may appear clean but many germs are invisible to our eyes. We may unknowingly transmit germs on our hands to other people and our environment. Hand hygiene is the most effective way to prevent the transmission of diseases and infections.

When to clean our hands?

- After blowing your nose, coughing and sneezing
- After using the restroom
- · Before you eat or prepare food items
- After changing diapers
- After contact with body fluids like urine or vomit
- Before touching your eyes, nose and mouth
- Before and after you leave any healthcare facility
- After contact with the patient's surroundings

How to clean our hands?

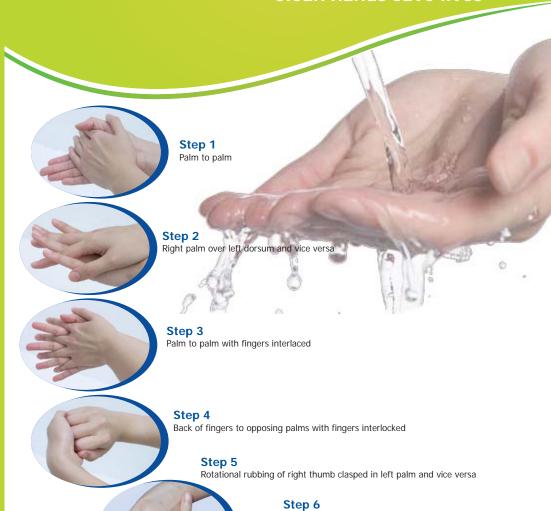
Hand hygiene can be performed using:

- Alcohol-based handrub if your hands are not visibly soiled
- Soap and water. Wet hands with water, apply soap to the hands and scrub your hands for at least 20 seconds



A RUB AND A SCRUB TO KILL THE BUG

Clean hands save lives



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



Rub both wrists in a rotating manner. Rinse and dry thoroughly





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