

Information On **HAND HYGIENE**



**ST. ANDREW'S
COMMUNITY HOSPITAL**

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



Step 1
Palm to palm



Step 2
Right palm over left dorsum and vice versa



Step 3
Palm to palm with fingers interlaced



Step 4
Back of fingers to opposing palms with fingers interlocked



Step 5
Rotational rubbing of right thumb clasped in left palm and vice versa



Step 6
Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa



Step 7
Rub both wrists in a rotating manner. Rinse and dry thoroughly





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