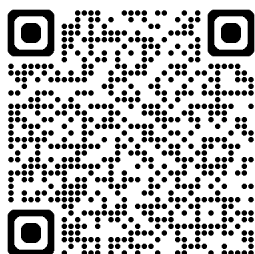


Hand Hygiene for Everyone



Scan the QR code to view this leaflet on the Sirona care and health website.

Preventing infections

Most infections that can be passed from person to person are passed on people's hands, either directly, from one person to another, or indirectly via contact with surfaces such as door handles.

Thorough hand cleaning is the most important thing we can all do to stop infections being spread.

Everyone should clean their hands:

- After using the toilet, or helping other people to use the toilet
- After changing nappies
- After any contact with blood, vomit, urine, saliva or faeces
- Before eating, preparing or serving food, or before helping other people to eat
- After touching animals
- After gardening or other activities that make hands dirty
- After cleaning activities
- After dealing with dirty laundry
- After using tissues to blow noses or to cover the nose or mouth when sneezing or coughing
- After coughing or sneezing into hands
- Before and after visiting people in hospital
- Before and after using shared keyboards and IT equipment
- Before putting in eye drops or putting in or taking out contact lenses.

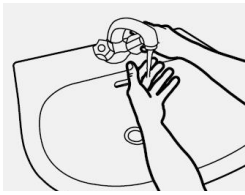
Extra care should be taken:

- Before and after dealing with catheters and other medical equipment or dressing wounds
- Before applying lotions and creams to damaged skin
- After handling samples of urine or faeces.

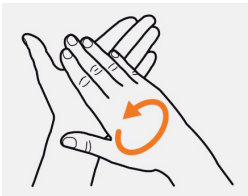
If you are asked to look after a wound or medical equipment yourself, or because you are someone's carer, please ask the healthcare worker to talk to you in more detail about hand hygiene.

How to wash your hands

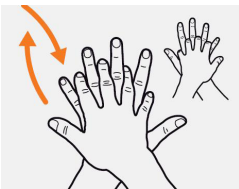
Follow this technique to ensure every bit of your hands has been washed thoroughly. This is important to make sure that all bugs are removed or killed.



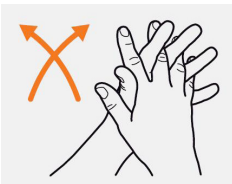
1. Wet hands with water and apply enough soap to cover all hand surfaces.



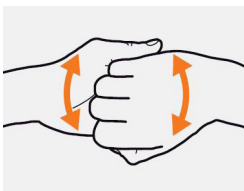
2. Rub hands palm to palm.



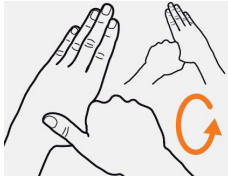
3. Rub back of each hand with the palm of other hand with fingers interlaced.



4. Rub palm to palm with fingers interlaced.



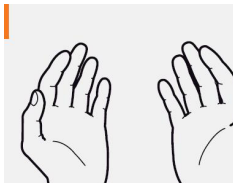
5. Rub with backs of fingers to opposing palms with fingers interlaced.



6. Rub each thumb clasped in opposite hand using rotational movement.



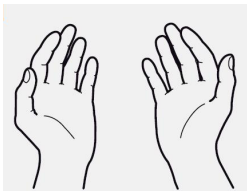
7. Rub tips of fingers in opposite palm in a circular motion.



8. Rinse hands with water.



9. Dry hands thoroughly.



10. Once dry, your hands are safe.



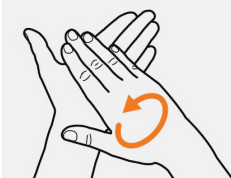
11. The whole procedure should last 40-60 seconds.

How to use hand gel

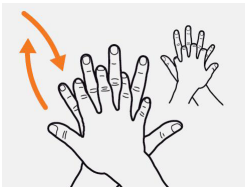
Follow this technique to ensure all the surfaces of your hands are covered in hand gel. This is important to make sure that all bugs are removed or killed.



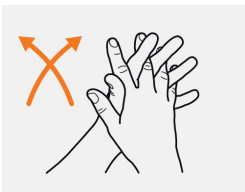
1. Apply a palmful of the product in a cupped hand, enough to cover all surfaces.



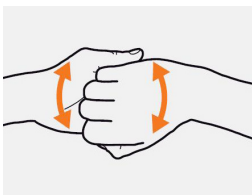
2. Rub hands palm to palm.



3. Rub back of each hand with the palm of other hand with fingers interlaced.



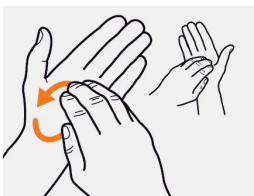
4. Rub palm to palm with fingers interlaced.



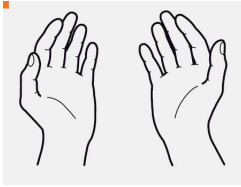
5. Rub with backs of fingers to opposing palms with fingers interlaced.



6. Rub each thumb clasped in opposite hand using rotational movement.



7. Rub tips of fingers in opposite palm in a circular motion.



8. Once dry, your hands are safe.



9. The whole procedure should last 20-30 seconds.

What to use

Hands should be cleaned using soap and water or using alcohol hand gel.

Alcohol hand gel is widely available. It is useful because it is very good at killing lots of bugs, including those that cause common illnesses like colds and flu and those that cause many wound infections.

Alcohol hand gel only works well on hands which are already clean. It does not work well on hands which are visibly dirty or have bodily fluids such as blood or vomit on them. Also, it does not kill some bugs which can cause diarrhoea and vomiting.

So, it's best to use soap and water if you can after going to the toilet or when people have tummy bugs.

If there is no soap and water available, it is always better to use alcohol hand gel than nothing at all.

Alcohol hand gel should not be eaten or drunk as it is poisonous.

We encourage patients to remind our staff about hand hygiene. If you think your healthcare professional has not cleaned their hands when they should, or in the right way, while they are giving you or someone else care, then please feel free to remind them. They will welcome your input.

What healthcare staff should do

Our healthcare staff will always clean their hands at the right times when they are looking after patients. They may use soap and water or they may use alcohol hand gel.

Before they do anything else, staff providing treatment will always clean their hands directly before and after touching a patient.

Staff may need to clean their hands at other times during a treatment to prevent moving bugs from a place where they can't cause any harm to a place where they might do so.

For example a nurse may need to clean their hands again after removing a dirty dressing and before applying a clean one, or before inserting a catheter or other medical device.

Staff providing treatment will always be bare below their elbows. This means they don't wear any hand or wrist jewellery or watches (a plain wedding band is allowed), wear false nails or nail varnish, and their uniforms or clothes should not cover any area below the elbow. This makes it easier for them to clean their hands and wrists properly.

Disposable gloves will sometimes be worn by healthcare workers, but they will still need to wash their hands.

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