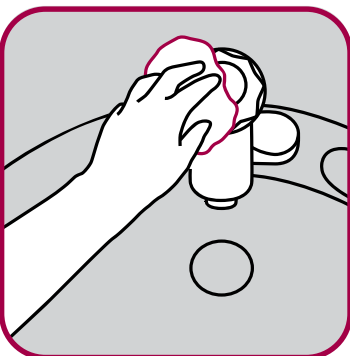
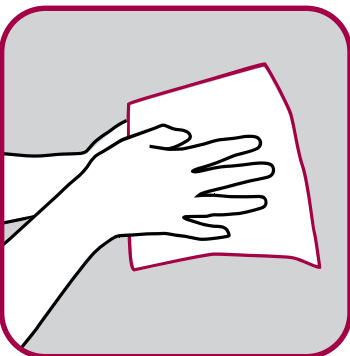
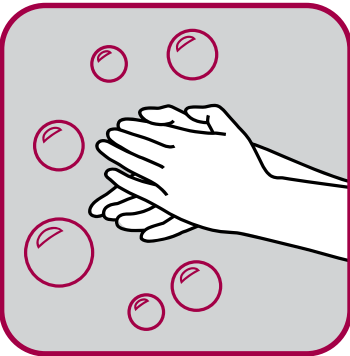
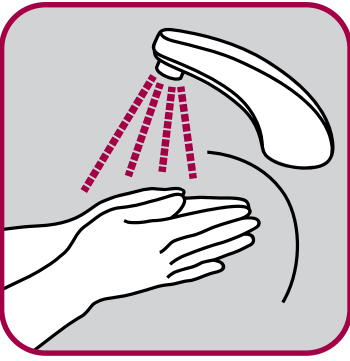


HAND HYGIENE



When?

- After removing gloves
- After contact with body substances
- Before and after each patient
- Before eating, drinking or smoking
- After going to the toilet

How?

1. Wet hands with running water
2. Place soap in palms
3. Rub hands together to make a lather
4. Wash hands vigorously for 20 seconds and rinse under running water
5. Dry hands with a disposable towel
6. Turn off tap using the disposable towel

Using hand rubs

1. Place alcohol-based hand rub in palms
2. Apply to all surfaces of hands
3. Rub hands together until dry

