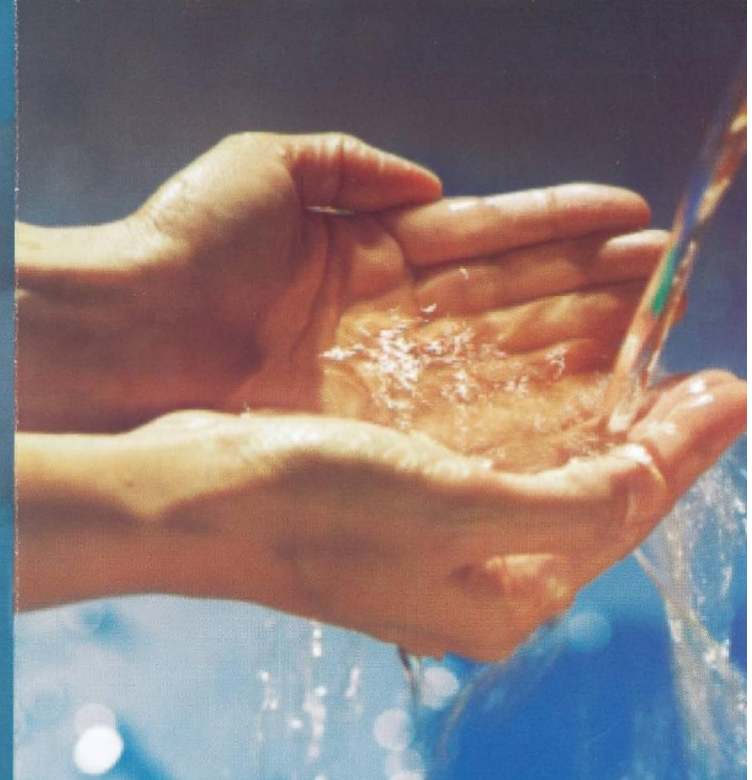


Hand sanitising using hygienic hand rub

If hygienic hand rub is available at your hospital it can be used to sanitise your hands. It kills 99.99 per cent of most common germs that may cause illness in as little as 15 seconds. You don't need to use water, towels or dryers and hygienic hand rub can be used as frequently as required as it contains vitamin E and a moisturiser for your skin.

Dispense a small amount (about the size of your finger nail) into the palm of your hands and rub them together vigorously making sure you cover them well. Hygienic hand rub will then evaporate in less than 20 seconds leaving your hands fresh and dry. Remember, hygienic hand rub is not a substitute for soap and water but can be used to sanitise your hands when they are not visibly dirty.



Asking for help

Hospital staff are all trained in hand washing techniques and won't be offended if you ask them whether they have washed or sanitised their hands. They can show you how to wash your hands efficiently, direct you to the nearest washing facilities or provide you with hygienic hand rub.

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Hand hygiene

Advice for patients
and their visitors

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LIT-HHADVICE (10/08)



Washing with soap and water

Germs that naturally live on the skin and normally cause few problems may be more serious when brought into a hospital:

These germs are often passed from one person to another by physical contact so it's important that patients, visitors and nursing staff cut the risk of spreading infections by regularly cleaning their hands. It is especially important:

- before eating (both snacks and meals);
- after using the toilet, bathroom or commode;
- whenever you can see your hands are dirty.

It's also important to remember the following:

- remove rings or jewellery before cleaning your hands;
- keep your nails short, as this will make it easier to clean your hands properly;
- if you have wound dressings, stitches or catheters try not to touch them any more than is absolutely necessary.

Advice for visitors

Generally, visitors should follow the same hand hygiene guidelines as we have listed for patients.

Please clean your hands as soon as possible when arriving at the hospital or at the entrance of the ward that you're visiting. It's likely that your hands won't be visibly dirty so using hygienic hand rub should be all that's required. If you intend to visit more than one ward, please clean your hands before entering each new ward.

Following these guidelines ensures that all parts of the hands are cleaned. It should take at least 15 seconds to complete.



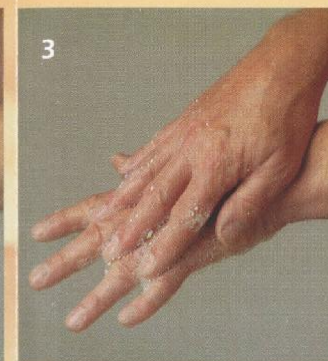
1

Wet hands and apply soap.



2

Rub hands together, palm to palm.



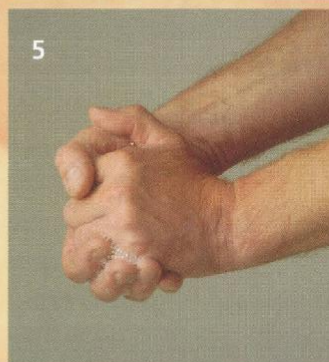
3

Right palm over back of left hand and then left palm over back of right hand.



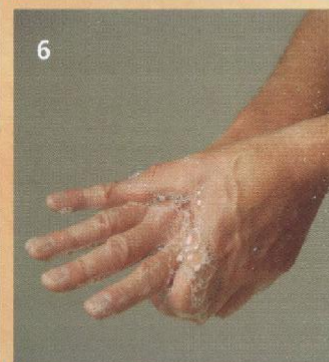
4

Rub palm to palm with fingers interlaced.



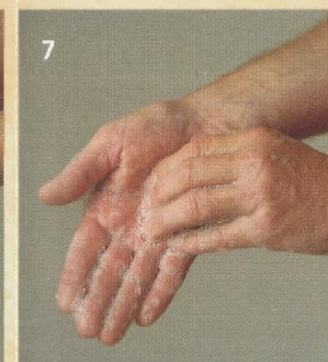
5

Backs of fingers to opposing palms with fingers interlocked.



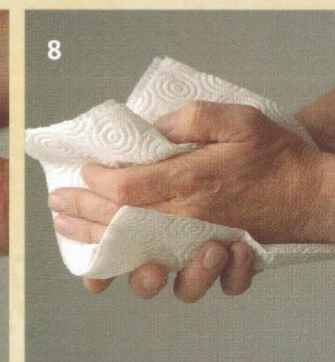
6

Hold right thumb in left hand and rub. Repeat with left thumb in right hand.



7

Rub clasped fingers of right hand in left palm and vice versa.



8

Rinse, and dry hands thoroughly, ideally using a paper towel.