

Good Hand Washing Technique



Procedure 1

Wet hands and wrists. Apply soap.



Procedure 2

Right palm over left, left over right.



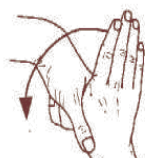
Procedure 3

Palm to palm, fingers interlaced.



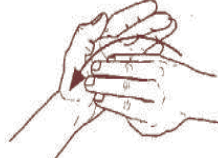
Procedure 4

Back fingers to opposing fingers interlocked.



Procedure 5

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



Procedure 6

Rotational rubbing backwards and forwards with tops of fingers and thumb of right hand in left and vice versa.

NOTE: Repeat procedures 1-6 until the hands are clean. Rinse hands and pat dry.

You and I can make life easier for others

Look After Your Hands

- **Maintain** an intact skin as far as possible.
- **Always** wet your hands before applying soap/medicated agents.
- **Always** rinse and dry your hands thoroughly. Drying is especially important during the winter months when the hands have a tendency to become chapped. Hands can be further protected by applying a good quality hand cream.
- **Avoid** communal pots of hand cream.
- **Always** cover cuts with an impermeable waterproof dressing.

Infection Control
Mercy University Hospital
Cork.



Hand Hygiene for Patients..



**PATIENT/VISITOR
INFORMATION LEAFLET**

March 2006

Are you aware that?

- You can pick up germs on your hands when touching any part of the environment- door handles, taps, toilets/ surrounding areas, telephones, remote controls, when you handle your pets, fruit and uncooked food etc.
- Germs are very easily transferred from your hands to any surface you may touch and-
- Some of these germs may cause infection.

HOWEVER!

Germs are easily removed by **SIMPLE HAND WASHING WITH SOAP AND WARM WATER** or alternatively by using an **ALCOHOL GEL or PROMETIC XL CREAM** (available throughout the hospital)



In the hospital setting hand hygiene is extremely important as some patients are particularly at risk of picking up infection.

We appreciate your help in protecting yourself and the other patients by adhering to good hand hygiene while

Advice for Patients (in hospital)

Do wash your hands in hospital, as you would do at home-

Wash your hands with soap and warm water or use the alcohol gel.

- **If** your hands are dirty
- **Before** you eat
- **After** using the toilet
- **Always** before leaving/returning to your ward/area
- **Refrain** from touching your IV/urinary Catheter/your wound dressing/stitches.

Avoid leaving your soap/towel/other toiletries lying around on the sink, bathroom or other areas.

Encourage your visitors to clean their hands

Advice for Visitors (to hospitals)

- **Please** wash your hands or use the alcohol gel or Prometic XL cream on reaching/ leaving the ward/area.
- **These products** are available at the entrance to the room/ward that you are visiting
- **After** using the toilet.
- **After** helping your friend/relative to wash/dress or help to the toilet.
- **Before** you visit another patient
- **Before** entering /leaving an isolation room/area.
- **Before** you leave the department.

DO REMIND YOUR NURSE OR HEALTH CARE ASSISTANT TO REPLACE THE SOAP/ ALCOHOL GEL OR TOWELLING IF NECESSARY.

DO REMIND YOUR NURSE OR HEALTH CARE ASSISTANT TO REPLACE TOILET PAPER IF NECESSARY

DO INFORM YOUR NURSE, HEALTH CARE ASSISTANT, HOUSEKEEPER OR CLEANER IF THE TOILET, BATHROOM OR SHOWER NEEDS CLEANING.