

Hand Hygiene Information

Types of Hand Hygiene

Hand Washing

Hand washing with soap and water is the best method for cleaning the hands.

Hand washing can be used to maintain personal hygiene and should always be used when hands are visibly dirty.

It is important to wash your hands:

- If your hands are obviously dirty
- Before eating or handling food
- After using the toilet, changing diapers or sanitary napkins
- After handling animals, animal waste or any garbage
- Before and after attending to cuts or wounds
- If you have diarrhoea and/or vomiting; or are visiting such an ill person
- If you have any coughing, sneezing, or runny nose
- If you are visiting someone who has coughing, sneezing or a runny nose

Hand Sanitizer

This is a quick and convenient alternative to hand washing.

This can be used:

- On hands which are not visibly contaminated with dirt or organic material
- When soap and water for hand washing is not readily available.

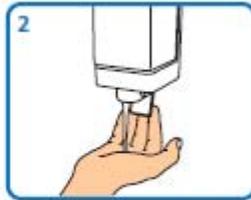
When dealing with diarrhoea and vomiting illnesses, soap and water should always be used. In this case, the use of hand sanitizer is NOT recommended.

It is important to wash under any rings and it is advisable to remove wristwatches before washing.

Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



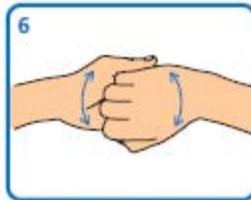
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



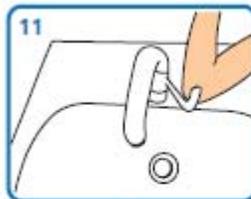
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap

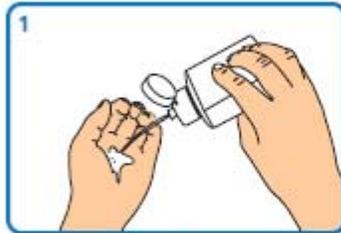


12 Dry thoroughly with a single-use towel



13 Hand washing should take 15–30 seconds

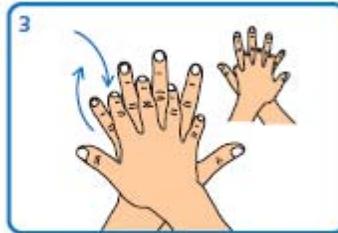
Alcohol handrub hand hygiene technique – for visibly clean hands



1 Apply a small amount (about 3 ml) of the product in a cupped hand



2 Rub hands together palm to palm, spreading the handrub over the hands



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



4 Rub palm to palm with fingers interlaced



5 Rub back of fingers to opposing palms with fingers interlocked



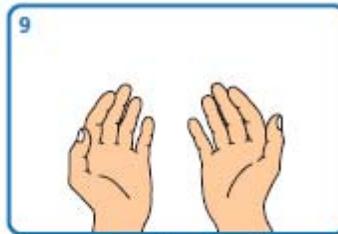
6 Rub each thumb clasped in opposite hand using a rotational movement



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



8 Rub each wrist with opposite hand



9 Wait until product has evaporated and hands are dry (do not use paper towels)



10 The process should take 15–30 seconds

For further advice on the issues contained in this leaflet, please contact the Ministry of Health and Wellness' hotline at 536-4500