Clean Hands Start With You and Me!



- Germs which can cause serious infections can be found everywhere. They can be on your healthcare providers' hands and also your own.
- Every patient is at risk of getting an infection while being treated for something else.
- Keeping your hands clean through improved *hand hygiene* is one of the most important steps you can take to avoid getting sick.

2. Are You Washing Your Hands Properly?





Areas not missed during hand washing



Areas less frequently missed during hand washing

Areas most frequently missed during hand washing

A Joint Initiative by Infection Control Unit and TTSH Volunteers





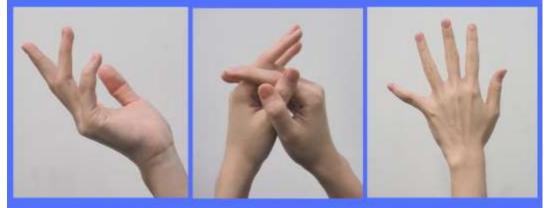
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3. How Do I Wash My Hands Properly?

When using an alcohol-based hand sanitiser:



Put product on hands and rub hands together Cover all surfaces until hands feel dry This should take around 20 seconds

It's OK to ask for clean hands – it could save your life. Make sure everyone around you has clean hands to protect against infection.

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