

Clean Hands Start With You and Me!



1. Did You Know...

- ◆ 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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