

## Why do Hand Hygiene?

When we are fit and healthy we can usually defend ourselves against many germs. Having healthy skin that is not damaged is one of the main ways we can do this.

Often our natural defences are weakened when we are not well or after an operation.

This is especially true if you have broken skin areas, like a wound or device like a catheter or IV line.

We encourage you and your family to have clean hands before and after they attend to any aspect of your care.

## Working together...

Sometimes your healthcare worker may be audited on their hand hygiene practices. If you do not see them perform hand hygiene and are worried please feel free to remind them.

We can all play a major role in stopping the spread of infections to our family and friends.

Don't hesitate to ask your doctor or health care provider for more information.

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## Information for Patients/Clients and their families

Hand hygiene is the single most important factor in reducing the spread of infections.

It is important that hand hygiene is performed at the right moment.

Hand hygiene can be performed by either washing with soap and water or using a waterless alcohol-based hand rub.



## When should your health care provider/carer clean their hands?

There are 5 Moments when hand hygiene should be performed by your healthcare provider/carer:

### **Moment 1.** When arriving to attend your care

At home

- ✎ After your health care worker has entered your house

In a clinic

- ✎ On entering the treatment room

Anywhere

- ✎ Before starting any care
- ✎ Before giving oral medications



### **Moment 2.** Before attending to your care



- ✎ Immediately before touching your wounds or giving intravenous medications
- ✎ Immediately before touching any device you may have like a catheter or IV line

### **Moment 3.** After attending your care



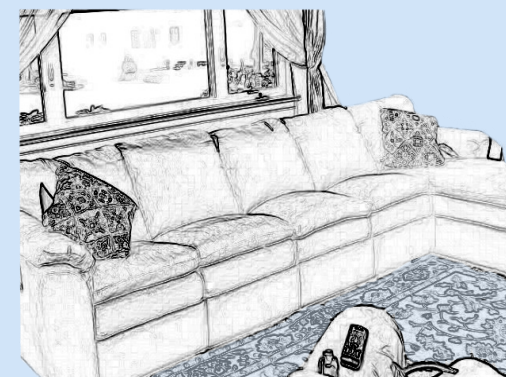
- ✎ After touching your wounds or giving your medications
- ✎ Immediately after touching any device you may have like a catheter or IV line
- ✎ After they have disposed of used/dirty equipment or rubbish
- ✎ After collecting any specimens

### **Moment 4.** When your care is finished



- ✎ When they leave your home, room or building you are in

### **Moment 5.** After touching the surroundings but **not the patient**



- ✎ After touching any furniture or equipment but not touching you
- ✎ After touching any pets