



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Hand Hygiene

Have you ever known about the importance of Hand Hygiene?

Hand Hygiene is the single most important and number one way to prevent infections.

Why we need to do Hand Hygiene?

Body secretions, surfaces and hands of all healthcare workers can carry bacteria, viruses and fungi that are potentially infectious to themselves and others, including you. Therefore, hand hygiene practice is very crucial component to protect you and your patients.



When you need to do Hand Hygiene?

Before and after visiting your patients.

After using a restroom, wash hands with a non-antimicrobial soap.

Before and after eating.

After touching any surfaces in the hospital.

When to wash your Hands?

When hands are visibly dirty, contaminated with proteinaceous material or visibly soiled with blood or other body fluids.

Wash your hands with both non-antimicrobial or antimicrobial soap and water.



Please wash them in the following manner!

- 1** **Wet your hands under running water.**
- 2** **Dispense one dose of soap into a cupped hand.**
- 3** **Rub your hands thoroughly for 15-30 seconds without adding more water.**
- 4** **Rinse your hands under running water.**
- 5** **Dry your hands with paper towel.**

When to disinfect your Hands?

If hands are not visibly soiled, use an alcohol based hand rub for routinely decontaminating your hands.

Please disinfect them in the following manner!

1

Dispense 1-2 applications of alcohol Rub into a cupped hand

2

Rub your hands together vigorously until they feel dry.



Tips to protect you and your family from germs?

“It is very simple as it is ”

Do Hand Hygiene and ask those around you to practice hand hygiene.

Your doctor and nurse should practice hand hygiene too

Your visitors should clean their hands before they come and after contact with you.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

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