

Everyone can play a part in reducing the spread of infections

Effective hand washing

Hand washing reduces the spread of infection

Some germs can stay alive on our hands for several hours and during that time they can be spread to things we touch. Effective hand hygiene is one of the cheapest, simplest and most effective ways of preventing the spread of infections.

You should wash regularly using soap and water






Soap and water provides sufficient decontamination for the majority of activities. Wash your hands regularly throughout the day and especially at these times:

<ul style="list-style-type: none"> • putting in contact lenses • preparing food • handling a baby • eating • contact with a patient in a healthcare setting or anyone with an open wound 	<ul style="list-style-type: none"> • handling raw foods 	<ul style="list-style-type: none"> • going to the toilet • cleaning activities such as cleaning the bathroom • handling waste or touching dustbins • changing nappies or incontinence pads • handling or stroking pets or farm animals • cleaning out cat litter trays • coughing or sneezing • contact with a patient in a healthcare setting or anyone with an open wound • gardening
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Washing your hands correctly is important

Washing your hands incorrectly e.g. giving them a quick rinse and not using soap **DOES NOT** remove all the germs present on your hands - putting you and others at risk of infection.

Washing your hands with soap and running water and drying them thoroughly is the most important way to protect yourself, your family and those around you.

<p>Wet Its better to wet hands before applying soap as this prevents irritation</p>	
<p>Soap Apply soap to wet hands</p>	
<p>Wash Rub hands together vigorously making sure both sides of the hands are washed thoroughly, around the thumbs, between each finger and around and under the nails</p>	
<p>Rinse Rinse with clean running water</p>	
<p>Dry Germs spread more easily if hands are wet so dry them thoroughly.</p>	

Alcohol Hand Sanitiser

In health care environments today, alcohol hand sanitiser are now widely used. Where hands are visibly clean and there is no convenient access to washing facilities, then an alcohol hand sanitiser can be used. The use of an alcohol hand sanitiser kills a high proportion of the germs present on the hands, rather than physically removing them.

Alcohol hand sanitiser is NOT a replacement for hand washing with liquid soap and water.

The same application technique as used in the hand washing procedure (but without wetting first) should be used when applying alcohol hand sanitiser, as this will ensure that all surfaces of the hands have been exposed to the alcohol. Keep rubbing it in until it has evaporated, don't dry your hands.

What if I have any more questions?

Ask the person who has given you this leaflet. If they are unable to answer your question please contact the our Infection Prevention and Control Team on:

0116 295 1668

Visit our website: www.leicspart.nhs.uk