

Hand Hygiene

Information for patients & visitors

FOR FURTHER INFORMATION CONTACT:

Infection prevention and control team on
9487 9433 or 9487 9732

Or visiting the following websites

Hand Hygiene Australia
World Health Organisation
www.hha.org.au
www.who.int/topics

Proudly sponsored by:



A teaching hospital of



Partner in nursing education



Proudly supported by



185 Fox Valley Road,
Wahroonga NSW 2076
Ph: 02 9487 9111 Fax: 02 9487 9266
www.sah.org.au

A division of Adventist HealthCare Limited
ABN 76 096 452 925



Adventist HealthCare
yours for life

1119/IPC/0218/5NPE



Adventist HealthCare
yours for life

HAND HYGIENE FOR PATIENTS AND VISITORS

Hand hygiene is the single most important thing you can do to help prevent the spread of infection. Hand hygiene is a general term referring to the use of soap and water or alcohol hand gel to cleanse your hands.

When should you clean your hands?

It is important to perform hand hygiene as you enter and leave a healthcare facility or hospital and also:

- After going to the toilet
- After blowing your nose/sneezing
- After smoking
- After handling/patting animals
- Before, during & after preparing food
- When hands are visibly dirty

Hand wash basins are located through out the hospital in all ward and clinical areas.

The best way to wash your hands using soap and water

- Remove excess jewellery
- Wet hands with water
- Apply soap
- Rub all over and make a lather
- Rinse off with water

- Pat hands dry with paper towel
- Dispose of paper towel in bin

Using alcohol hand gel

- Remove excess jewellery
- Squirt pump once into your cupped hands
- Rub hands together until dry

Bottles of alcohol hand gel are located in all patient care areas and in high traffic areas of the SAH.



Visitors should wash their hands

- On entering the ward before visiting your friend or relative
- Before helping a patient with their meal
- After using the bathroom/toilet
- After helping patients use the toilet/bathroom or commode
- On leaving the ward after visiting your friend or relative

Thank you

Practicing good hand hygiene both in hospital and other healthcare facilities can protect patients, relatives and staff from infection. Encourage your visitors/carers to wash their hands or use the alcohol gel provided.

