

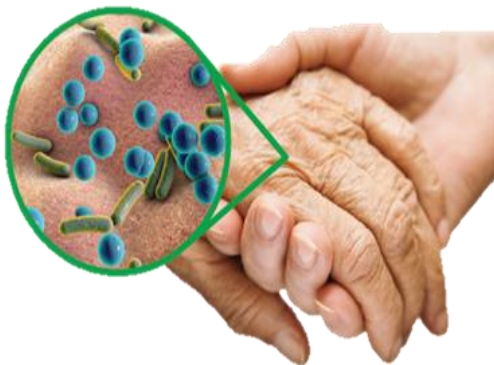
World Hand Hygiene Day

5 May 2022

Protect yourself, family and those you love

World hand hygiene day was developed to raise awareness of the importance of safe hand hygiene practice in improving health care outcomes. This year's campaign slogan is

“Unite for Safety: clean your hands”



Good hand hygiene is the most effective way to stop infections spreading.

Many infections, such as the common cold and the flu, are caused by spreading germs from person to person.

Even when your hands look clean they can still carry germs, because germs are so small that you can't see them. This is why when we touch other people or objects we can spread germs without even realising it.

It has been reported that approximately 45% of people do not wash their hands correctly.

It's important to stop the spread of germs so antibiotic resistance is lessened and important medications can do their job and by washing your hands you reduce the risk of spreading germs to yourself, others and your loved ones .

Fight antibiotic resistance - it's in your hands

WHY undertake hand hygiene /washing?

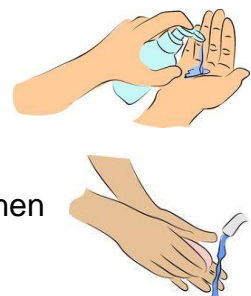
- Hands are the Super Highway for germs to get from one place to another.
- Older people are at higher risk of dying from an infection acquired whilst receiving care.

WHO should be undertaking hand hygiene?

- Everyone!

HOW should you wash your hands?

- Clean your hands by rubbing them with an alcohol-based formulation for 20-30 seconds or until your hands are dry, if hands are not visibly soiled.
- Wash your hands with soap and water for 30 seconds when hands are visibly dirty and after using the toilet.



“Clean hands save lives”