



Dear staff and colleagues,
you too can help to prevent
the spread of pathogens.

5.5. is World Hand Hygiene Day. Join in!

Why is sharing
knowledge about
hand hygiene so
important?



5.5.2024
World Hand
Hygiene Day

Because it helps
stop the spread of
harmful germs in
health care.

HARTMANN
Academy



Effective infection prevention within a few seconds:

washing and disinfecting your hands in everyday life!

Soap will be sufficient:



- **AFTER** using the toilet
- **BEFORE** having a meal
- **BEFORE** preparing food (non-commercial)
- **AFTER** preparing food (non-commercial)
- **AFTER** blowing your nose
- **BEFORE** touching the face
- when coming in from outside (without increased risk of pathogen contact)
- when disinfection would be useful, but no disinfectant is on hand
- **AFTER** touching a pet

In general, hand washing is recommended and sufficient in our private lives. Nevertheless, there are situations in which hand disinfection is indicated or may become necessary instead of hand washing.

Better use a disinfectant:



- when someone in the family or household has a communicable disease such as common cold: sick persons disinfect hands **BEFORE** contact with others; healthy persons disinfect hands
- **AFTER** contact with sick person
- **BEFORE** caring for a relative or friend with a weakened immune system or chronic wounds (home care, e.g. after early discharge from hospital)
- **BEFORE** contact with a relative or friend who is at risk of infection (e.g. immunocompromised)
- when there is a risk of being in contact with pathogens and no clean water to wash hands is available (e.g. when travelling or on the go, at the supermarket, on public transportation)
- **AFTER** touching a (potentially sick) animal or its body fluids

Please note: hand disinfection is more gentle on the skin than frequent hand washing.

Reference:

Boyce JM, Kelliher S, Vallande N. Skin irritation and dryness associated with two hand-hygiene regimens: soap-and-water hand washing versus hand antisepsis with an alcoholic hand gel. *Infect Control Hosp Epidemiol.* 2000 Jul;21(7):442-8. doi: 10.1086/501785. Available at: <https://pubmed.ncbi.nlm.nih.gov/10926393/>



Research for
infection protection
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#SaveLivesCleanYourHands
#HandHygiene
#MissionInfectionPrevention

More about
World Hand Hygiene
Day on 5.5.2024

