



Dear patients and visitors,  
 You too can help to prevent  
 the spread of pathogens.  
 5.5. is World Hand Hygiene Day. **Join in!**



## Hand hygiene concerns us all!

### When? Wash or disinfect hands

- When entering or leaving the workplace
- Before eating, drinking and taking medication
- After contact with frequently touched surfaces (e.g. door handles, handrails)
- After sneezing, coughing or blowing your nose
- After using the toilet
- After using public transport

### How? Disinfect hands correctly

Apply sufficient amount of hand disinfectant to the cupped hand so that all areas of the hands can be wetted thoroughly and completely.

Carefully rub in hand disinfectant for 30 seconds – cover all skin areas.

Particular attention has to be paid to fingertips and thumbs:

They are of particular importance in clinical practice as they most frequently come into direct contact with patients and potentially contaminated surfaces. Furthermore, fingertips harbour the highest concentrations of bacteria compared to other areas of the hand.



Research for  
 infection protection  
[hartmann-science-center.com](http://hartmann-science-center.com)

More about  
 World Hand Hygiene Day  
 on 5.5.2023

