



Hand in hand for more patient safety

Dear patients, dear visitors, you too can get actively involved and protect yourself and others from healthcare-associated infections through **hand disinfection**.

The 5 moments for patients & visitors



1

WHEN entering or leaving the patient's room



5

BEFORE eating, drinking or taking medication



2

AFTER using the toilet or bedpan



4

AFTER contact with frequently touched surfaces in the hospital (e.g. doorknobs, handrails)



3

BEFORE and AFTER contact with own wounds, mucous membranes or venous access

Help yourself generously: When disinfecting hands, disinfectants should not be used sparingly.



Hygienic hand disinfection – this is how to do it:



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 areas of skin.

Particular attention has to be paid to fingertips and thumbs.



Research for infection protection
hartmann-science-center.com

#PatientSafety#PatientEmpowerment#MissionInfectionPrevention