

## Unite for safety Clean your hands



**World Hand Hygiene Day** 

5.5.2022













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## Take 5 Moments for Hand Disinfection to protect patient health

- **BEFORE** patient contact
- BEFORE aseptic tasks
- **AFTER** body fluid exposure risk
- AFTER patient contact
- AFTER contact with the patient surroundings

## How to disinfect hands

For hygienic hand disinfection, apply the product to your dry, cupped hand (approx. 2-3 strokes) and carefully rub in vigorously up to the wrists for the entire application time. Keep hands moist for the entire application time and make sure that your hands are completely wetted. Don't forget your thumbs and fingertips, either.

Self-reliant rub-in method for a better wetting.



## Why focussing on the point of care?

Placing hand-rub dispensers exactly where needed helps improve hand hygiene compliance and can contribute to reduce infections. Cleverly designed patient rooms take this aspect into account.

WHO-Guideline (2009) WHO Guidelines on Hand Hygiene in Health Care.

Kampf G et al. (2008) Influence of rub-in technique on required application time and hand coverage in hygienic hand disinfection. BMC Infect Dis 8: 149.

