

# Hand Hygiene – A Guide for Patients and Visitors

Calvary Hospital Infection Control & Staff Health Department

Hospitality  
Healing  
Stewardship  
Respect

## When should you clean your hands?

Hand hygiene is a general term referring to the use of soap and water or a waterless hand rub to cleanse your hands.

It is important to perform hand hygiene as you enter and leave a healthcare facility and also:

- After going to the toilet
- After blowing your nose
- After smoking
- After handling / patting animals
- Before, during & after preparing food
- When your hands are visibly dirty



## Using alcohol based hand rubs

**When hands are visibly clean.....**

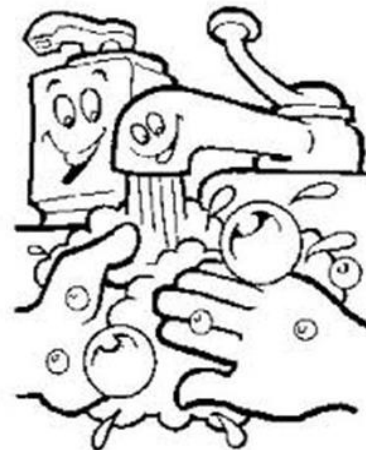
1. Remove excess jewellery
2. Squirt enough hand rub product to cover both your hands
3. Roll to distribute over palms, back of hands & between fingers
4. Rub hands together until dry



## Using soap and water

**When hands are visibly dirty.....**

1. Remove excess jewellery
2. Wet hands with water
3. Apply soap
4. Rub all over hands
5. Rinse off with water
6. Pat hands dry with paper towel
7. Dispose of paper towel in bin



## Why do Hand Hygiene?

When we are fit and healthy we can usually defend ourselves against many germs. Having healthy intact skin is one of the main ways we can do this.

Often our natural defences are weakened when we are not well or after an operation.

It is very important that each time you visit someone in a healthcare facility you clean your hands, even if your hands look clean.

Healthcare associated infections can result in:

- Illness
- A longer stay in hospital
- Slower recovery
- Additional stress for all concerned

## Working together.....

Your healthcare worker should always perform hand hygiene in front of you. If you did not see them practice hand hygiene and are concerned, please feel free to remind them.

We can all play a major role in stopping the spread of infections to our family and friends.

**For information contact Calvary Hospital Infection Control & Staff Health Department,  
☎ 02 6201 7061 or 6201 6174**

ENGLISH	If you need interpreting help, telephone:
ARABIC	: إذا احتجت لمساعدة في الترجمة الشفوية ، إتصل برقم الهاتف :
CHINESE	如果你需要传译员的帮助，请打电话：
CROATIAN	Ako trebate pomoć tumača telefonirajte:
GREEK	Αν χρειάζεστε διερμηνέα τηλεφωνήστε στο
ITALIAN	Se avete bisogno di un interprete, telefonate al numero:
PERSIAN	: اگر به ترجمه شفاهی احتیاج دارید به این شماره تلفن کنید:
PORTUGUESE	Se você precisar da ajuda de um intérprete, telefone:
SERBIAN	Ако вам је потребна помоћ преводиоца телефонирајте.
SPANISH	Si necesita la asistencia de un intérprete, llame al:
TURKISH	Tercümana ihtiyacınız varsa lütfen telefon ediniz:
VIETNAMESE	Nếu bạn cần một người thông-ngôn hãy gọi điện-thoại:

### TRANSLATING AND INTERPRETER SERVICE 131 450

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**HEALTH CARE INTERPRETERS 6205 3333**