

In the hospital

All patients (adults, children and babies) are at risk of getting illnesses caused by germs found in hospital.

Doctors, Nurses and other health care workers should wash their hands before and after each patient they see.

It is policy of Women's and Children's Health to practice hand hygiene and for staff to inform visitors to perform hand hygiene. All parents, patients and care givers may ask staff members "Have you washed your hands?".

Wash-up campaign aims to reduce germs that are spread to patients from our hands.

To promote hand hygiene an antiseptic gel has been placed at the bedside in the wards. This gel can kill germs without the use of water. To use, spread over the surfaces of both hands and allow to dry. It may be used instead of washing your hands with soap and water.

Important: If your hands are visibly dirty, do not use the gel, use soap and water.

For any further inquires about this brochure or information about hand hygiene, please ask your nurse or the Infection Control Department at your hospital.



Why is hand hygiene so important?



Women's & Children's Health

Germ and illness

Germs can make you feel sick. You can get germs on your hands when you touch objects and when you touch other people. Once germs are on your hands, they can get inside your body through a wound or when you touch your eyes, nose or mouth. You can also spread your germs on your hands to objects or people that you touch. Most common infections are spread through touching.

Washing your hands and your children's hands is the best thing that you can do to stop the spread of germs.

When to wash your hands?

Before: Entering a hospital ward

You eat/prepare food

Breastfeeding

Feeding a child

Giving medication to a child

Touching/cuddling/holding your child

After: Changing a nappy

Helping a child use the toilet

Using the toilet yourself

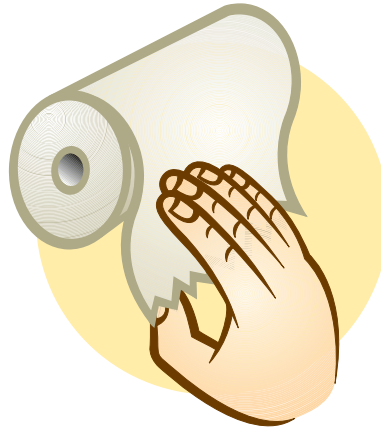
Wiping your nose or your child's nose

Touching/cuddling/holding your child

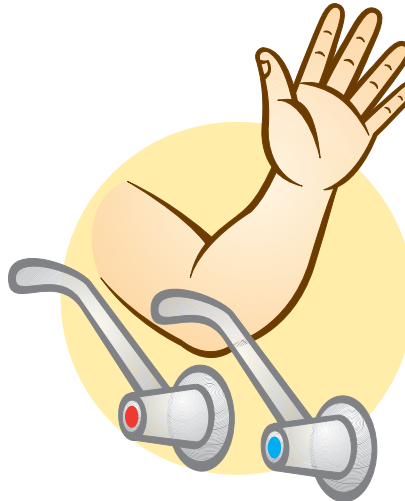
After you use the bathroom

Your hands get dirty

How to wash your hands



6 Dry with paper towel



5 Turn off water lever using your elbows



1 Wet your hands



2 Apply solution and scrub for at least 15 seconds



3 Scrub back of hands, wrists, between fingers and under fingernails



4 Rinse your hands