



Infection Prevention Advice for Healthcare Workers v1.0 14/02/2020

Recommendations to prevent the spread of infection

- Try to avoid touching your mouth and nose
- Regular **hand washing (Figure 1)**. You should wash your hands:
 - ✓ after coughing or sneezing
 - ✓ before and after you prepare food
 - ✓ before eating
 - ✓ after using the toilet
 - ✓ when caring for the sick
 - ✓ when hands are visibly dirty
 - ✓ after handling animals or animal waste
- Use soap and running water to wash your hands (Figure 1)
- **Respiratory hygiene (Figure 2)**: Cover your mouth and nose with a clean tissue when coughing and/or sneezing and then promptly dispose of the tissue in a bin. If you do not have a clean tissue, cough or sneeze into the bend of your elbow instead. Wash your hands immediately after sneezing, coughing or blowing your nose.
- Avoid close contact with anyone showing signs of respiratory illness such as coughing or sneezing.
- **Cleaning and disinfection of the environment:**
Clean surfaces, especially the most frequently touched surfaces, with any cleaning product, then disinfect with a disinfectant.
- **Waste disposal:** Dispose of household waste as you normally would. Used tissues can be disposed of in your normal household bin.

Figure 1: How to Handwash

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;



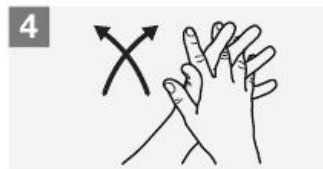
1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



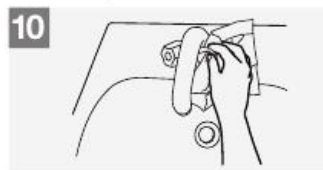
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



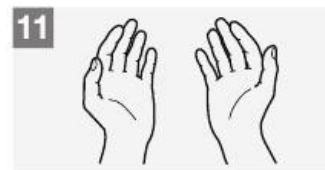
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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Figure 2: Respiratory Hygiene:

COVER UP

COUGHING AND SNEEZING

- 
 - Turn your head away from others
 - Use a tissue to cover your nose and mouth
- 
 - Drop your tissue into a waste bin
- 
 - No tissues? Use your sleeve
- 
 - Clean your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds