

HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



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



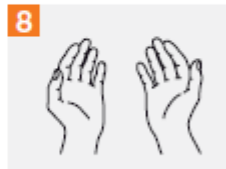
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.

UGC DE ENFERMEDADES INFECCIOSAS, MICROBIOLOGÍA CLÍNICA Y MEDICINA PREVENTIVA.

RECOMMENDATIONS TO AVOID HAI (healthcare associated infections)



You are currently admitted under contact isolation.

You are a carrier of a microorganism that carries no risk to the majority of healthy individuals and carriers.

However in a Hospital environment it could be transmitted to immunocompromised patients or patients with devices (lines, catheters et cetera) or active wounds. These patients have higher chances of infection if colonised from these microorganisms.

Preventing the dissemination of infectious agents is a combined effort. We require and appreciate the necessary cooperation from you, your carers and relatives.

INFECTION CONTROL BASICS RECOMMENDATIONS:

1.- PATIENTS:

- Extreme personal hygiene.
- Wash your hands as often as required: Do it before and after:
 - ✓ Eating.
 - ✓ Sneezing, coughing, touching your eyes, mouth and nose.
 - ✓ Using the toilet.
 - ✓ Entering and leaving the hospital, the wards and the hospital rooms.
- Use Alcohol-based handrub, if you can not use the sink. They are nice to your skin, easy to use and no rinse required: (See the WHO recommendations behind)
- Please follow the advice from the health professionals.

2.- HAND HYGENE:

- It is evidenced that hand contamination play a significant role in microbial transmission.
- Alcohol-based handrub is one of the better methods to avoid these infections.
- Use Alcohol-based handrub, before entering the hospital, the wards and the hospital rooms.
- You can find alcohol-based handrub inside the room and in the ward corridors.

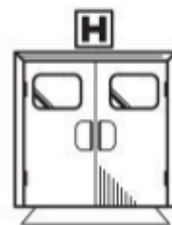


For more information, you can visit
<http://www.who.int/gpsc/5may/tools/en/>
<http://www.who.int/mediacentre/factsheets/antibiotic-resistance/en/>

3.- RELATIVES AND CAREERS: HOW TO HELP IN HEALTHCARE:

To help us in infection control we ask you to endorse a few safety rules.

You will reduce the infection risks for you and your relatives if you endorse these instructions:



- Do Wash your hands as much as required, especially before coming into the room and after leaving it.
- Keep the door close, avoid children in Hospital as much as possible and try to reduce inpatient visits as much as possible.
- Use aprons when required. Remove the aprons when leaving the room. Use handgloves when required before touching the patient.
- Use Alcohol-based handrub after using hand gloves.
- Use face surgical masks when recommended.
- Before leaving the room dispose aprons, gloves and masks in the green containers.
- Please use Alcohol-based handrub after disposal.
- Do not use gloves outside the room. Avoid contact with other patients.