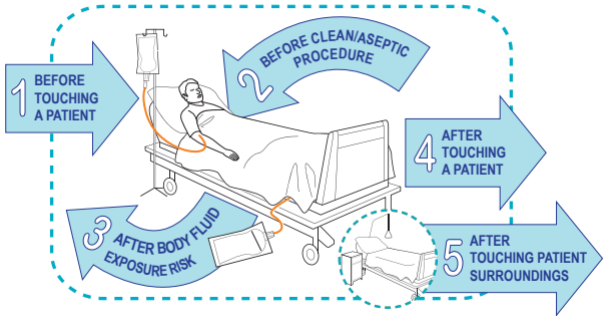


Your 5 moments for HAND HYGIENE



Based on WHO poster 'Your 5 Moments for Hand Hygiene' and reproduced with their kind permission

Hand hygiene and flu viruses – the message is the same

Flu viruses survive on surfaces for up to 24 hours. They can be transferred to hands from contaminated surfaces, but good hand hygiene can prevent infection.

Alcohol based hand rubs are recommended for effective hand hygiene except when:

- Hands are visibly soiled
- The patient is experiencing vomiting and/or diarrhoea
- There is direct hand contact with any body fluids i.e. if gloves have forgotten to be worn
- There is an outbreak of Norovirus, *Clostridium difficile* or other diarrhoeal illnesses.

In these instances hands should always be washed with liquid soap and water.

Remember Respiratory Hygiene and Cough Etiquette

Cover your nose and mouth with a tissue when coughing, sneezing or blowing your nose; discard the tissue in the nearest waste bin; wash your hands. Catch it. Bin it. Kill it.

Germs. Wash your hands of them.

