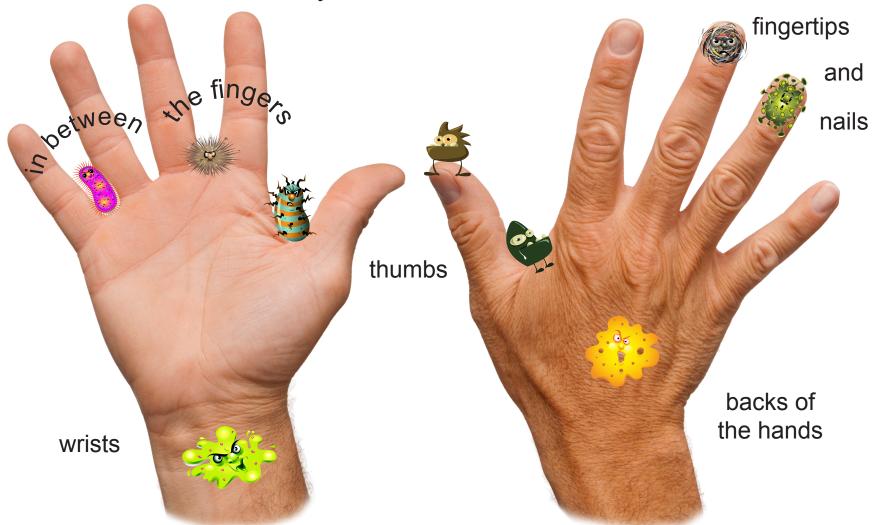


Grimebusters!

Germs like to hide... remember to wash your hands thoroughly!

Commonly missed areas include:



Hands are the main pathways of germ transmission during health care. Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent healthcare-associated infections.

Alcohol-based hand rub (ABHR) is the preferred method of hand hygiene in healthcare unless hands are visibly soiled. Rub hands until the product is completely dry; this will take at least 15-20 seconds if sufficient product is used. If hands are visibly soiled, wash hands with warm running water, soap, and friction for at least 30 seconds. For adequate hand hygiene, remove all hand and wrist jewellery prior to washing or rubbing.