



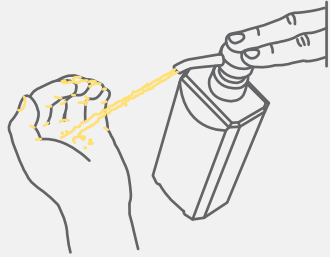
HAND HYGIENE

HEALTH AND HYGIENE GO HAND IN HAND



Better health is in your hands

1a



1b



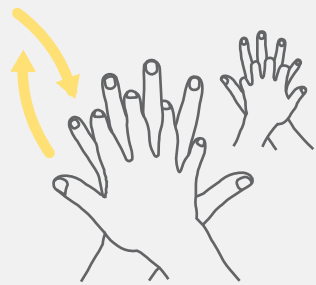
Apply a palmful of the product in a cupped hand, covering all surfaces;

2



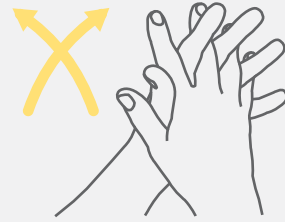
Rub hands palm to palm;

3



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

4



Palm to palm with fingers interlaced;

5



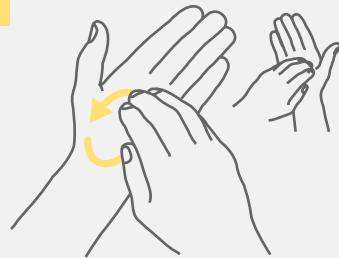
Backs of fingers to opposing palms with fingers interlocked;

6



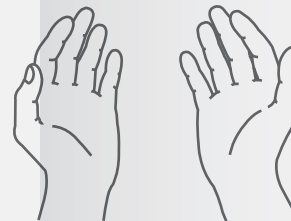
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.



World Health
Organization

SAVE LIVES
Clean Your Hands

Your hands and hygiene

Whether it's at work, home, school, on even just passing through a street, our hands are our largest contact point to all kinds of external objects. Every time we touch or pick up something, we are also vulnerable to germs. Our hands have a strong, and tangible connection to hygiene, and therefore, our health.

No wonder then, that the World Health Organisation (WHO) and the Center for Disease Control (CDC) state that washing hands with soap and water is the best way to prevent infections like gastroenteritis, common cold, conjunctivitis which are transmitted through fingers and inanimate objects. In fact, washing hands with soap and water is the primary step in hand hygiene.

1

WHEN YOU SHOULD CLEAN YOUR HANDS

Hands should always be clean. Especially:

- Before preparing food, eating, treating wounds or giving medicine, touching a sick or injured person, inserting or removing contact lenses
- After preparing food (especially raw meat or poultry), using the toilet, changing a diaper, touching an animal or stuffed toys, leashes or waste, blowing your nose, coughing or sneezing into your hands, treating wounds, touching a sick or injured person, handling garbage or something that could be contaminated, such as a cleaning cloth or soiled shoes.

2

HAND HYGIENE AND CHILDREN

Children can unknowingly come into contact with germs and become infected simply by touching their eyes, nose, or mouth. The sooner they get into the habit of washing their hand, the better it is to prevent germs from spreading, and help protect them from getting ill. Make hygiene a practice with your

children right at the start. Teach them the need of washing their hands regularly. Make it fun for them, rather than a chore. Turning hygiene into a play activity through song and games can make all the difference.

3

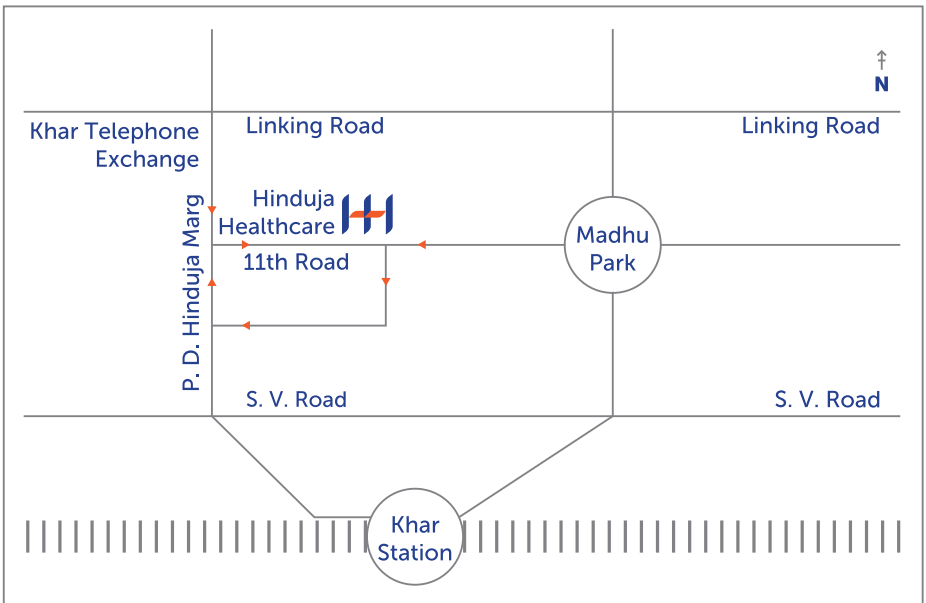
HAND SANITISER?

There are times when soap and even water may not be accessible. For example in remote places, around patients, or while traveling, when you need extra disinfecting. At these times hand sanitisers should be used.

A hand sanitiser is an alcohol based compound that kills 99.9% of the bacteria with fungi and some viruses on hands after 30 seconds of application till it dries. It may be in a liquid, or gel or foam form, and may be perfumed, and have moisturisers to keep the skin on your hands moist. A sanitiser can be safely carried in your bag, pocket or purse, so always keep one handy, especially if you have kids.

For maximum effect, jewelry should be removed from hands while washing or using a sanitiser. Hands should be completely dry after use. Hand sanitisers will not work on visibly dirty hands, so whenever possible, it is ideal to wash with soap and water.

At Hinduja Healthcare, we care about your health and only recommend the best for you. Here's to your hygiene and good health!



Hinduja Healthcare Surgical • 11th Road, Khar (W), Mumbai 52.
For Appointments: +91 22 3091 8989/6154 8989 • **For Enquiries:** +91 22 2646 9999/6174 6000
For Emergency: +91 22 2646 6099/98 • www.hindujahealthcare.com