فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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Hand Washing

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Wash your hands to remove germs:

1. Think about keeping patients safe before you visit someone in hospital. If you, or someone you live with has a cold or diarrhea, or if you feel unwell, try to stay away until you are better.
2. Wash and dry your hands before visiting a hospital ward, particularly after going to the toilet.
3. If you visit someone at the hospital, don't sit on their bed .Never touch dressings, drips, or other equipment around the bed.
4. If you think any of the health care facilities or patient's equipment is not clean, we advise you to inform the responsible nurse .Or if you observe that any staff has forgotten about washing their hands please remind them.

Why washing your hands is important?

1. The most common way germs are spread is by people's hands. Germs are often harmless but they can also cause illnesses such as colds and tummy bugs, as well as more serious illnesses such as E. coli and flu.
2. Hand washing is the single most important thing you can do to help to reduce the spread of infections.
3. Washing your hands properly with water and soap can help protect you, your family, children and others.

When should I wash my hands?

You should make regular and thorough hand washing part of your daily routine, especially:

1. After using the toilet.
2. Before eating or handling food.
3. After touching animals or animal waste.
4. Before and after visiting a hospital ward.
5. After handling rubbish.
6. After changing a nappy.
7. After blowing your nose, coughing or sneezing.
8. Before and after touching a sick or injured person.

How do I wash my hands properly?

Encourage children to wash their hands by showing them how to do it, and by setting them a good example.

What else can I do to help prevent the spread of infection?

1. Cover your nose and mouth with a single use tissue when sneezing, coughing, wiping and blowing noses.
2. Dispose of used tissues in the waste basket.
3. Wash your hands with soap and water after coughing, sneezing.

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