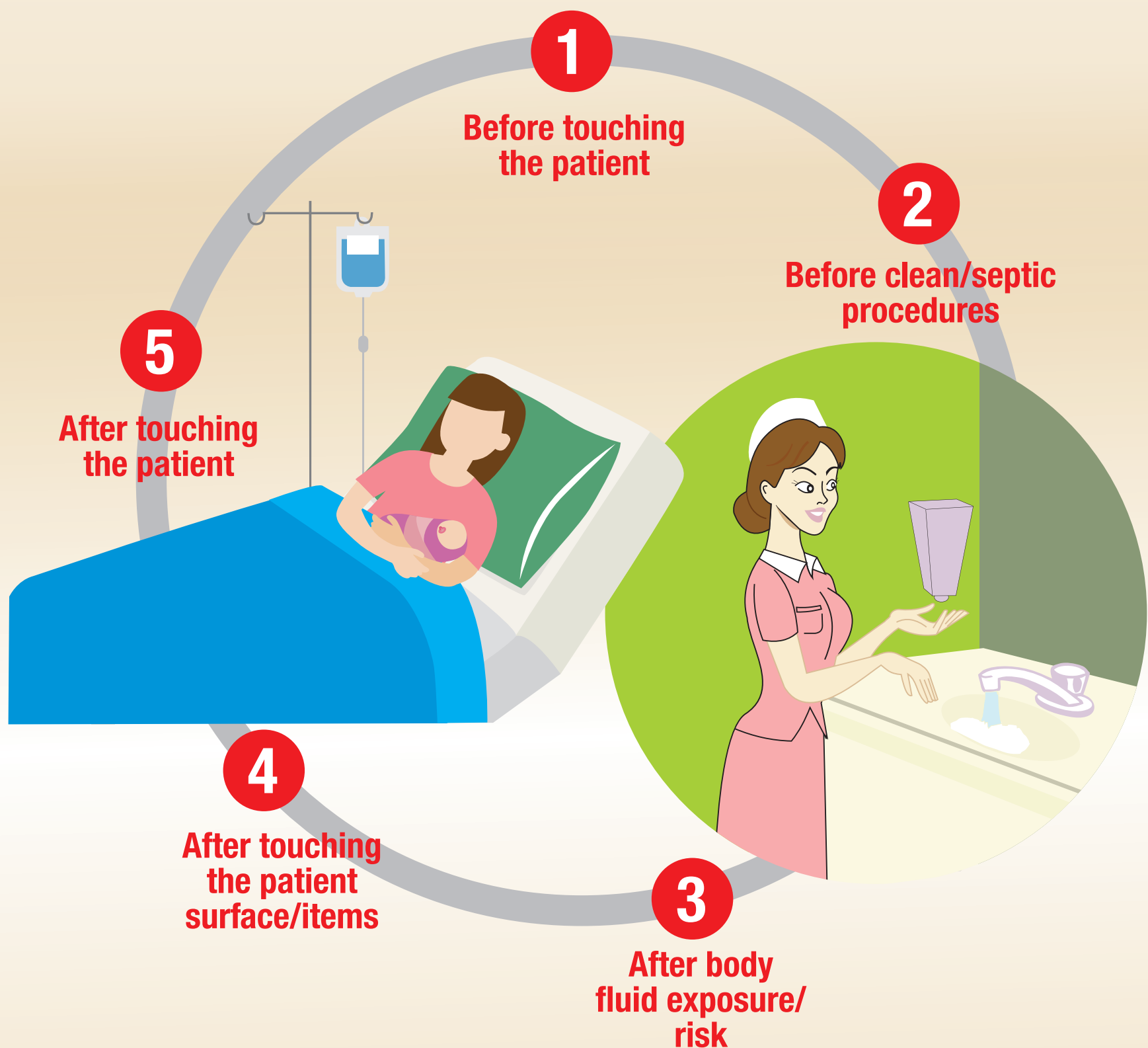


# ARE YOU TRANSFERRING HARMFUL GERMS WITH YOUR HANDS?

Always wash hands or use hand rub at **critical times** to prevent health care associated infections

## When to wash hands?



### Hand wash (40-60 seconds)

- To be done before and after every clean/aseptic procedure
- When hands are visibly dirty and/or in contact with body fluids.

### Alcohol hand rub (20-30 seconds)

- To be done before and after touching the patients' and its surrounding, surface, items like bed, rails, bed side table, etc.

### Nails trimmed

### Remove jewellery