

## Where can I get more information?

For more information on the National Hand Hygiene Campaign visit:

<http://www.washyourhandsofthem.com>

The Chief Medical Officer and Chief Nursing Officer have previously issued 'five top tips' for people visiting hospitals, which are widely displayed across NHSScotland. These common-sense tips are:

- Think about keeping patients safe before you visit someone in hospital. If you, or someone you live with has a cold or diarrhoea, or if you feel unwell, try to stay away until you're better
- Wash and dry your hands before visiting a hospital ward, particularly after going to the toilet. If there is alcohol hand gel provided at the ward door or at the bedside, use it
- Ask ward staff for advice before you bring in food or drink for someone you are visiting in hospital
- If you visit someone in hospital, don't sit on their bed and keep the number of visitors to a minimum at any one time. Never touch dressings, drips, or other equipment around the bed
- If you think NHS premises are not as clean as they should be, let the Sister/ Charge Nurse know. If you think a healthcare worker has forgotten to wash their hands, remind them about this

A summary of this publication can be made available in community languages, large print format, audio tape or Braille. Please call the number below:

Telephone: 0141 300 1100

Faodar giorrachadh den fhoillseachadh seo fhaighinn ann an cnanan choimhearsnachdan, ann an cruth a chl mhir, air teip claisneachd no ann am Braille. Nach cuir sibh fios don ireamh seo gu h-seal:

Fh: 0141 300 1100

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ٹیلی فون نمبر پر فون کریں۔

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ਟੈਲੀਫੋਨ: 0141 300 1100

我們可以提供這文件摘要的其他版本，包括社區語文版、大字印刷、錄音帶或點字版，請致電 0141 300 1100 查詢詳情。

" এই প্রকাশনার সারাংশ সম্প্রদায়ের ভাষাগুলোতে বড় আকারের ছাপা অক্ষরে, টেপ অথবা ব্রাইল এ পাওয়া যাবে। অনুগ্রহ করে নিম্নের টেলিফোন নাম্বারে যোগাযোগ করুন:

টেলিফোন: 0141 300 1100



Germs.  
Wash your hands of them.  
Information for members of the public.



## Why is washing your hands important?

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.

Hand washing is the single most important thing you can do to help to reduce the spread of infections. Washing your hands properly with soap and warm water 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:

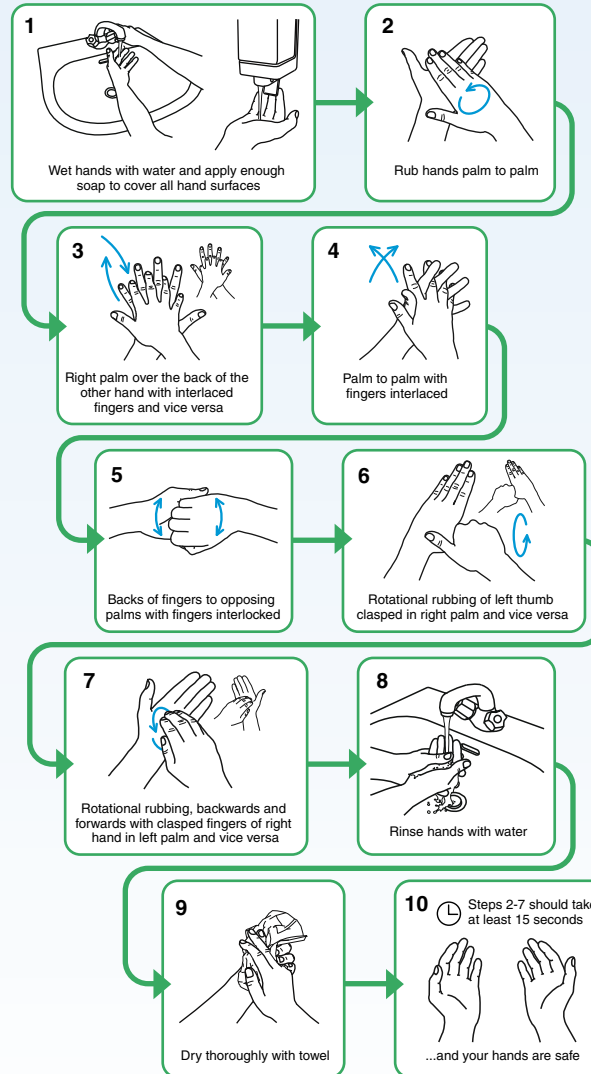
- Before eating or handling food
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching animals or animal waste
- After handling rubbish
- After changing a nappy
- Before and after touching a sick or injured person
- Before and after visiting a hospital ward (remember alcohol based hand rubs are also provided)

Don't forget – encourage children to wash their hands at these times too.

## How do I wash my hands properly?

It takes at least fifteen seconds to wash your hands properly – this is about how long it takes to sing 'Happy Birthday to You' twice through!

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



Source: World Health Organization



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

- Cover your nose and mouth with a disposable single-use tissue when sneezing, coughing, wiping and blowing noses
- Dispose of used tissues in the nearest waste bin
- Wash your hands with soap and water after coughing, sneezing or using tissues