



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

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King Fahad Hospital The University

Hand hygiene for better Life



What is the importance of hand hygiene?

Hand hygiene is the simplest and most effective way to reduce the chance of transmitting and catching infection and to protect yourself and your family from diseases transmission.



How infectious disease spread?

You must wash your hands correctly to maintain your health and prevent the spread of germs and infections through:



When unwashed hands touch the eyes, nose or mouth.



Touching or shaking hands with infected people.



Contaminated public surfaces.



Preparing or eating food and drink with unwashed hands
While



coughing or sneezing,
then shaking hands
with other people.

When to wash hands?



After touching
garbage.



Before and after caring for
someone at home who has
vomiting, diarrhea, or respiratory
diseases.



After touching
animals.



After using the
toilet or changing
diapers.



Before and after
preparing or eating
food and drink.

When to wash hands?



Before and after wound care or a medical procedure, remind health care workers not to touch you or touch places that require special care



After visiting patients and visiting hospitals..




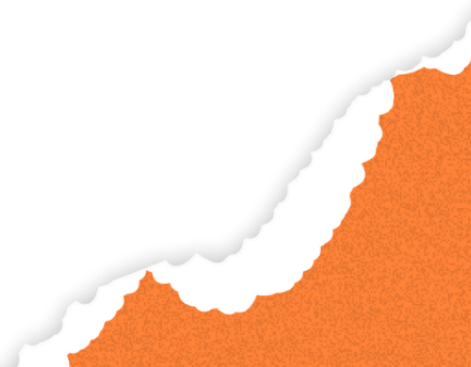

After touching public surfaces, door handles, and shopping carts

You should wash your hands with soap and water or use a hand sanitizer that contains at least 70% alcohol when soap and water are not available.

How to Wash hand?



Steps to wash hands with soap and water for (30-60 seconds) or using hand sanitizer for (20-40 seconds) when soap and water are not available.



Clean your hands, be sure to protect yourself and your family, and educate your children about the importance of hand washing.

Sources and reference:

[/https://www.canva.com](https://www.canva.com)

Review and Audit:

The content of this booklet has been reviewed by Infection Control Unit

At King Fahad Hospital of the University.

Infection Control Department

Health awareness unit

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