



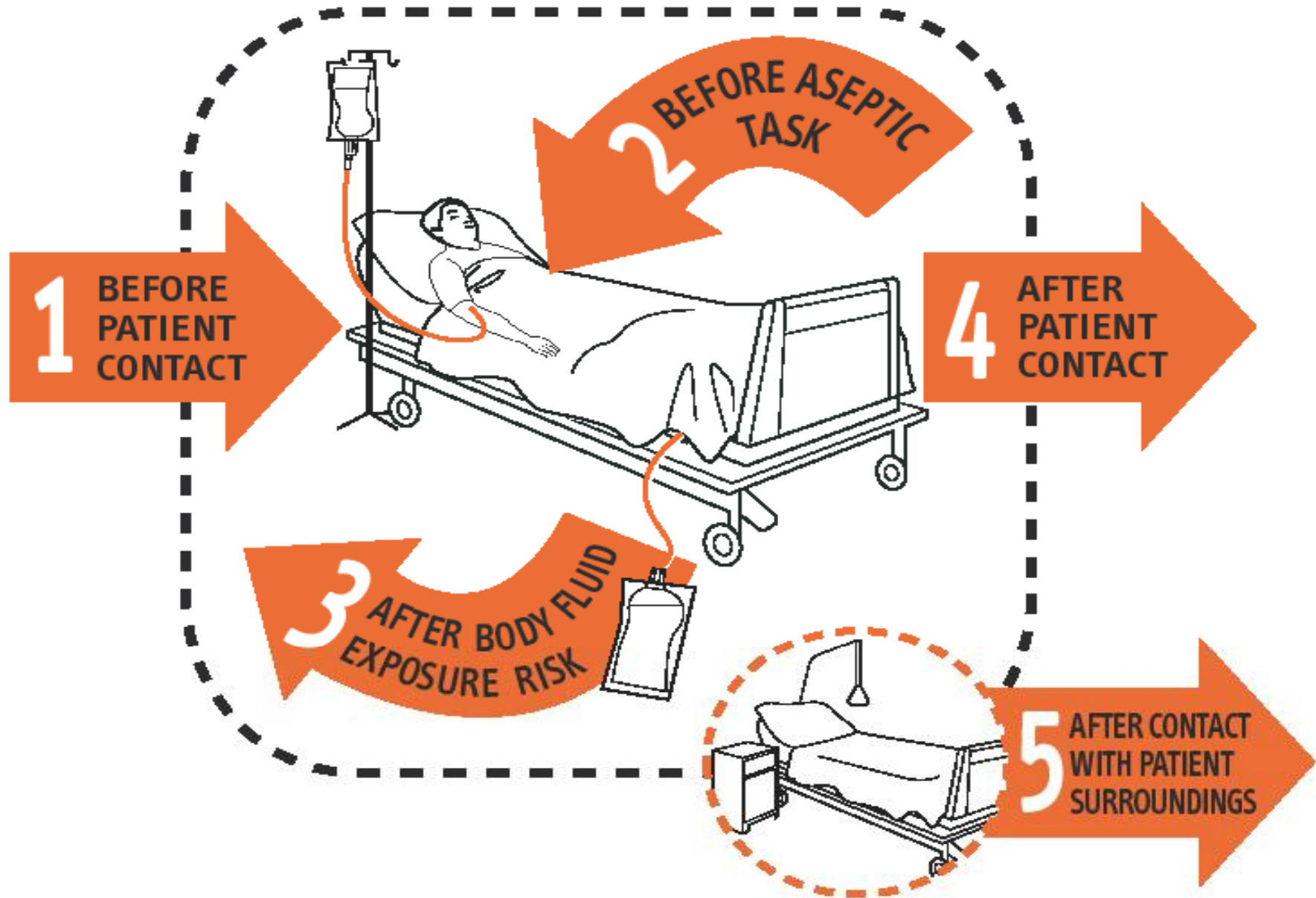
World Health Organization
منظمة الصحة العالمية



وزارة الصحة
Ministry of Health
المملكة العربية السعودية

حملة غسل الأيدي ٢٠٠٨

Your 5 moments for HAND HYGIENE



1 BEFORE PATIENT CONTACT	WHEN? Clean your hands before touching a patient when approaching him/her WHY? To protect the patient against harmful germs carried on your hands
2 BEFORE AN ASEPTIC TASK	WHEN? Clean your hands immediately before any aseptic task WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body
3 AFTER BODY FLUID EXPOSURE RISK	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal) WHY? To protect yourself and the health-care environment from harmful patient germs
4 AFTER PATIENT CONTACT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side WHY? To protect yourself and the health-care environment from harmful patient germs
5 AFTER CONTACT WITH PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even if the patient has not been touched WHY? To protect yourself and the health-care environment from harmful patient germs



World Health Organization
منظمة الصحة العالمية



حملة غسل الأيدي ٢٠٠٨

Your 5 moments for HAND HYGIENE



BEFORE PATIENT CONTACT

Clean your hands before touching a patient when, approaching him/her



BEFORE AN ASEPTIC TASK

Clean your hands immediately before any aseptic task



AFTER BODY FLUID EXPOSURE RISK

Clean your hands immediately after an exposure risk to body fluids (and after glove removal)



AFTER PATIENT CONTACT

Clean your hands after touching a patient and her/his immediate surroundings when leaving the patient's side



AFTER CONTACT WITH PATIENT SURROUNDINGS

Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even if the patient has not been touched



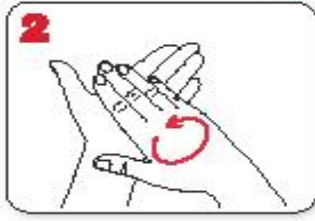
World Health Organization
منظمة الصحة العالمية



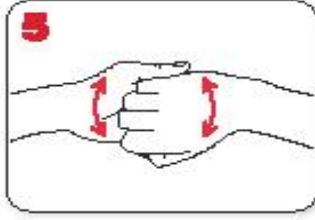
وزارة الصحة
Ministry of Health
المملكة العربية السعودية

حملة غسل الأيدي ٢٠٠٨

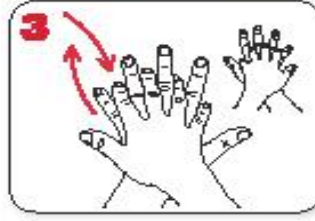
How to handrub? WITH ALCOHOL-BASED FORMULATION



Rub hands palm to palm,



backs of fingers to opposing palms with fingers interlocked,



right palm over left dorsum with interlaced fingers and vice versa,



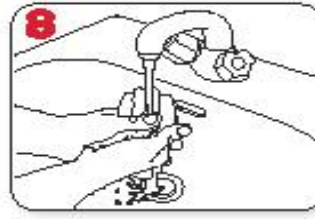
rotational rubbing of left thumb clasped in right palm and vice versa,



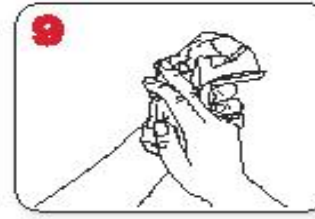
palm to palm with fingers interlaced,



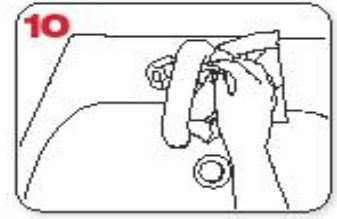
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



rinse hands with water,



dry hands thoroughly with a single use towel,



use towel to turn off faucet.



مع تحيات
إدارة برنامج مكافحة العدوى والتعقيم المركزي بصحة محافظة جدة
قسم مكافحة العدوى بمستشفى الولادة والأطفال بجدة