

# International Hand Hygiene Day on 05/05/2020

“Hygiene begins with you” – was the appeal from the World Health Organization (WHO) to nursing staff on 05/05/2020.

## So you can stay hygienically safe all day long.

### Start of duty

- Visual check: Are your fingernails clean, cut short and not painted?
- Take off jewelery – even your wedding ring.
- Wash your hands to remove possible spores (e.g. from house plants). Otherwise only when the hands are visibly soiled.



### When on duty

- Hand disinfection according to the WHO 5 Moments for Hand Hygiene
- WHO rule of thumb at the point of care: The hand disinfectant should be within arm's reach of where patient care or treatment is taking place.
- Always disinfect your hands after taking off your gloves.
- Don't forget about skin care: Apply cream to your hands after washing them and during your breaks.

### End of duty

- Apply plenty of cream to your hands again. Because only healthy hands can be safely disinfected.

### ASEPTOMAN® MED

#### Alcoholic hand sanitizer

Excellent non-irritable hand sanitizer that is kind to skin for routine and more frequent use such as during the current coronavirus pandemic.

Use sanitizer with care. Always read the label and product information before use.

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### Sources:

1. Händehygiene in Einrichtungen des Gesundheitswesens. Empfehlung der Kommission für Krankenhaushygiene und Infektionsprävention (KRINKO) beim Robert Koch-Institut (RKI). Bundesgesundheitsbl. 2016, 59:1189–1220.
2. WHO Guidelines on Hand Hygiene in Health Care. First Global Patient Safety Challenge Clean Care is Safer Care. Geneva, World Health Organization, 2009.



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