

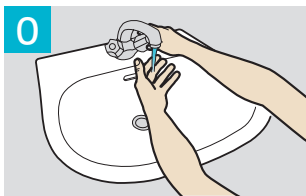
Hand hygiene

How to wash hands

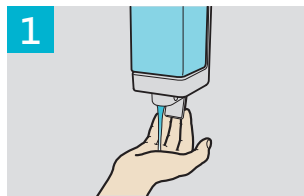
Good hand hygiene is essential in intermittent catheterisation to limit the risk of getting a urinary tract infection.

The hand hygiene technique can be applied when washing your hands with soap and water, as well as when using a bactericidal alcohol scrub. The directions for hand hygiene when washing with soap and water are shown below.

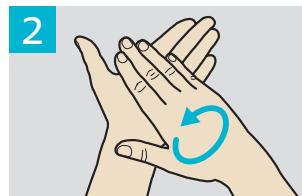
The WHO hand hygiene technique with soap and water¹



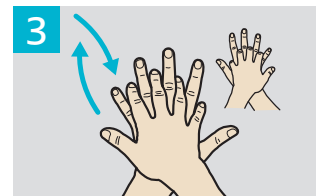
Wet hands with water.



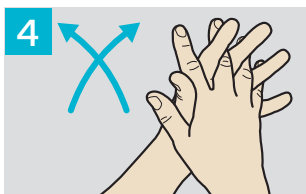
Apply enough soap to cover all hand surfaces.



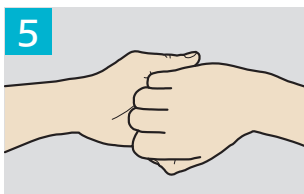
Rub hands palm to palm.



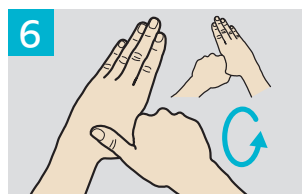
Right palm over left dorsum with interlaced fingers and vice versa.



Palm to palm with fingers interlaced.



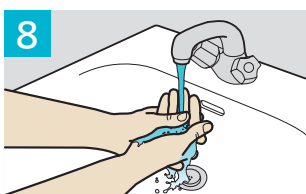
Backs of fingers to opposing palms with fingers interlocked.



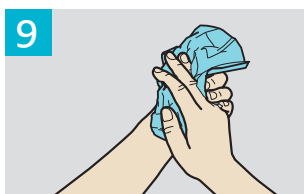
Rotational rubbing of left thumb clasped in right palm and vice versa.



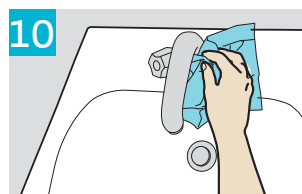
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



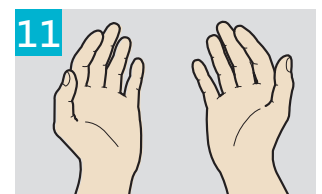
Rinse hands with water.



Dry your hands thoroughly with a clean or single use towel.



Use towel to turn off faucet.



Your hands are now clean.

Based on the 'How to Handwash', URL: http://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf. © World Health Organization 2009. All rights reserved.
1. World Health Organization. WHO guidelines on hand hygiene in health care. WHO Press, Geneva, Switzerland. 2009.