

Hand hygiene

Infection Prevention

Information for Patients & Visitors

Last reviewed: June 2025

Next review: June 2028

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Why do I need to do hand hygiene?

- Hand hygiene (cleaning the hands) is the most important thing we can all do to help stop the spread of germs (bacteria and viruses).
- The most common way germs are spread is by people's hands. Dirty hands spread germs. Germs can cause infections such as colds, tummy bugs, Flu, MRSA.
- Cleaning our hands will help protect you, your family and other people from infection.
- All patients, visitors, and children must clean their hands when visiting the hospital.

What do I use to keep my hands clean?

Soap and Water: you can use the blue soap dispenser next to the hand wash basin. Please use this:

- After going to the toilet
- Helping someone else to use the toilet or shower/bathroom
- Before leaving a side room



Hand Sanister: you can find this red pump bottle at the end of patients beds or in the red wall dispensers.

Please use this when you:

- Arrive and leave the ward
- Before and after any contact with patients



**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Hand wipes: these are given for patients on their meal tray. Please use this before you eat your meal in hospital.

When should I clean my hands?

You should clean your hands:

- Before eating or handling/preparing food.
- Before taking your medication.
- Before and after touching a patient.
- After using the toilet.
- After changing a nappy.
- After removing gloves.
- After blowing your nose, coughing or sneezing.
- After touching animals or animal waste.
- After handling rubbish.



By cleaning your hands at these times, you will help stop the spread of germs and help keep yourself and other people safe from infections. Do not forget to encourage children to clean their hands too.

How to clean your hands?

- The trick to good hand hygiene is making sure you clean every part of your hands.
- Please look at the pictures on page 3 and 4 to help you with this.
- It is okay to remind healthcare workers to clean their hands.

Contact details:

If you have any concerns please contact the Infection Prevention Team on 0116 2585448

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં સિંહ જાજવાની વિમે હેર જામા વિચિ ચાહુંદે હે, તાં વિરખાં વરવે હેઠાં સિંહે ગાષ્ટે નંબર 'ਤੇ ટેલીફોન વરે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

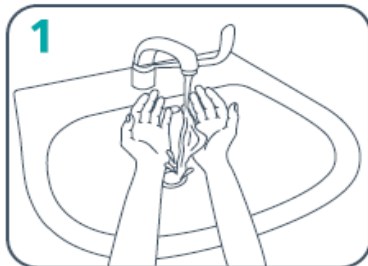
If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

How to wash hands?

WITH SOAP AND WATER



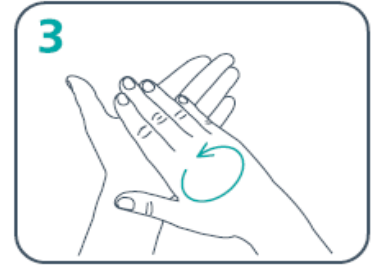
40-60 secs



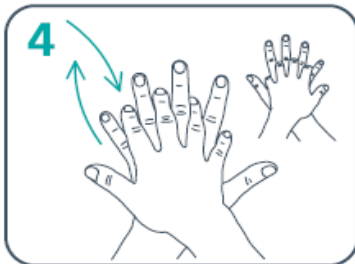
Wet hands with water



Apply one shot of soap



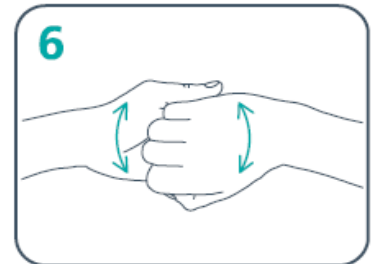
Rub hands palm to palm



Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub backs of fingers to opposing palms with fingers interlocked



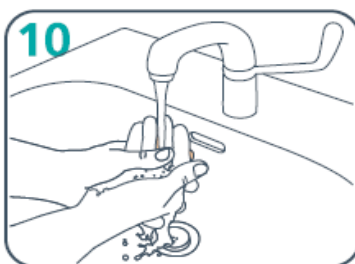
Rub each thumb clasped in opposite hand using rotational movement



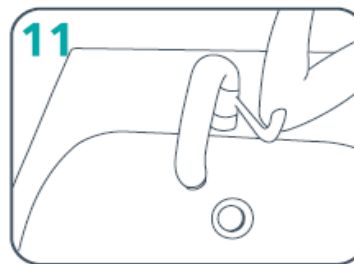
Rub tips of fingers in opposite palm in a circular motion



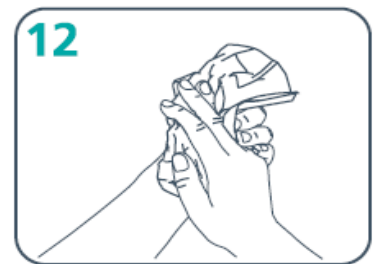
Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

How to sanitise hands?

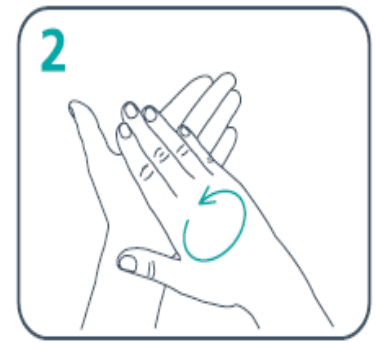
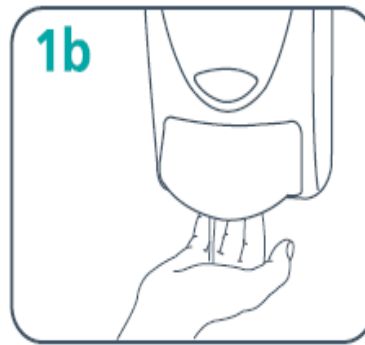
WITH ALCOHOL SANITISER



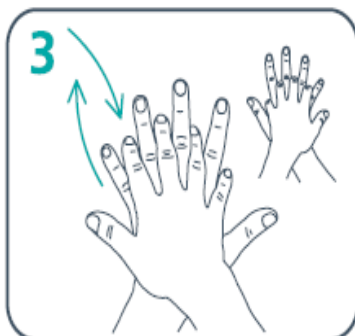
20-30 secs



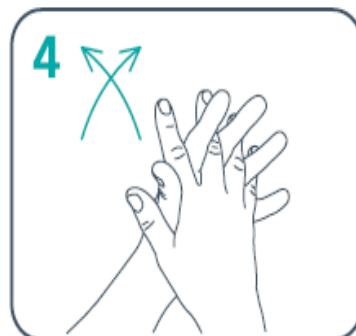
Apply one shot of the product
in a cupped hand



Rub hands palm to palm



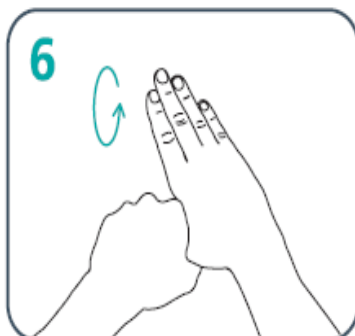
Rub back of each hand
with the palm of other
hand with fingers
interlaced



Rub palm to palm with
fingers interlaced



Rub backs of fingers to
opposing palms with
fingers interlocked



Rub each thumb
clasped in opposite
hand using rotational
movement



Rub tips of fingers in
opposite palm in a
circular motion



Rub each wrist with
opposite hand