



# Hand Hygiene



Changi  
General Hospital  

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SingHealth

# Hand washing

## The importance of hand washing

We can easily pick up germs from contact with other people, contaminated surfaces and animals. We can also infect ourselves when we touch our eyes, nose or mouth with our unwashed hands.

By washing our hands frequently, we wash away the germs that we may have picked up. Thus, preventing ourselves from getting infected.

### REMEMBER:

Our hands can carry germs without us knowing about it!  
Germs are most easily spread through “contact by hands”.



**Stop the spread of bugs! Clean your hands.**

## When to wash our hands?

- When your hands are visibly dirty
- Before you prepare food items
- Before you eat
- After using the restroom
- After contact with any body fluids like blood, urine or vomit
- After changing diapers
- After touching animals and pets
- After touching raw meats e.g., pork, beef or chicken

## How to wash our hands?

Wet your hands with clean, running water and apply soap. Scrub each area of your hands together for at least 15 seconds. Please refer to the next page for the step-by-step guide to effective hand washing.

## Steps for effective hand washing

1



Palm to palm

2



Back of hands

3



Between fingers

4



Back of fingers

5



Thumbs

6



Fingernails

7



Wrists

8



Rinse and wipe dry

### REMEMBER:

You can also use alcohol-based handrub to clean your hands. Apply sufficient handrub to cover all surfaces of your hands and rub them together till they are dry.



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