



衛生防護中心

Centre for Health Protection

Infection Control Branch

Perform Hand Hygiene Properly

Many infectious diseases can be transmitted through contact. If hands are contaminated with pathogens, especially when they are soiled with respiratory discharge or faecal matters, diseases include dysentery, cholera, hepatitis, influenza, and hand, foot and mouth disease can be spread easily. Observance of hand hygiene is the prerequisite of the prevention of the spread of communicable diseases. Using soap and water or alcohol-based handrub can achieve hand hygiene.

When to perform hand hygiene?

- (a) Before & after touching eyes, nose and mouth;
- (b) Before eating & preparing food;
- (c) After using the toilet;
- (d) When hands are contaminated by respiratory secretions, e.g. after coughing or sneezing;
- (e) After changing diapers or handling soiled items from children or the sick;
- (f) After touching animals, poultry or their droppings;
- (g) After handling garbage;
- (h) After touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs;
- (i) Before and after visiting hospitals, residential care homes or caring for the sick; and
- (j) Any time you find your hands are dirty.



How to select appropriate agents for hand hygiene?

2. It is advised to clean hands with liquid soap and water when hands are visibly dirty or visibly soiled with blood and body fluid, after using the toilet or changing the diapers. When hands are not visibly soiled, hand hygiene with 70-80% alcohol-based handrub is also an effective alternative. According to World Health Organization's recommendation, most alcohol-based handrubs contain either ethanol, isopropanol or n-propanol, or a combination of two of these products. Always check the expiry date before purchasing and using alcohol-based handrub.

Steps for hand hygiene

(a) Hand hygiene with liquid soap and water:

- (i) Wet hands under running water.
- (ii) Apply liquid soap and rub hands together to make a soapy lather.
- (iii) Away from the running water, rub hands according to the 7 steps of hand hygiene technique for at least 20 seconds (refer to point c for detail). Do not rinse off the soap while rubbing.
- (iv) Rinse hands thoroughly under running water.
- (v) Dry hands thoroughly with either a clean cotton towel or a paper towel.
- (vi) The cleaned hands should not touch the water tap directly again. For example: using a paper towel to wrap the faucet before turn it off.

(b) Hand hygiene with alcohol-based handrub:

- (i) Apply a palmful of alcohol-based handrub to cover all surfaces of the hands. Rub hands according to the 7 steps of hand hygiene technique for at least 20 seconds until the hands are dry (refer to point 3 for detail).

(c) Hand hygiene technique:

(i) Proper hand hygiene technique should follow the 7 steps and rub hands for at least 20 seconds.



3. Video demonstration

(a) Please visit the Centre for Health Protection website:

(i) Hand hygiene with liquid soap and water

https://www.youtube.com/watch?v=pN2C6AJ2_EA

(ii) Hand hygiene with alcohol-based handrub

<https://www.youtube.com/watch?v=oNpAbLN2vPI&feature=youtu.be>

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