



# HAND HYGIENE



PLEASE SCAN FOR  
THE LOCATION

**Aster**  
**HOSPITAL**

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 [asterhospitals.com](http://asterhospitals.com) 📱 [asterhospital](#)

## DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

**Aster**  
**HOSPITAL**

We'll Treat You Well



DIGITAL VERSION

## HAND HYGIENE: BECAUSE GERMS ARE NOT FOR SHARING

- This leaflet explains the different ways to clean your hands and how, by simply washing your hands you can help to reduce the spread of infection.
- Hands are used every day for many different tasks and as a result of contact with other people, equipment or surroundings, can be responsible for the spread of a wide variety of germs, some of which could cause infection if not cleaned effectively.
- Hand washing with soap and water is the most effective way of cleaning your hands if they are visibly dirty.
- Hands may look clean, but the germs that cause infections cannot be seen by the naked eye. If you could look at your hands through a microscope you might get a nasty surprise.
- Our staff ensures they wash their hands regularly, and you are welcome to ask if they have cleaned their hands before they examine you.
- We endeavor to do our best to protect you from infection but we need your help. Remember to wash your hands at these key times:

- After going to the toilet
- Before touching food and after eating
- If they look or feel dirty
- After coughing, sneezing, or blowing your nose
- Before and after handling a medical device such as a catheter
- Before and after visiting patients
- Hand sanitizer is a quick, convenient and effective alternative to hand washing only if your hands are not visibly dirty. This is useful when soap and water for hand washing is not readily available/ accessible.
- Please ask a member of our staff for the location of the nearest hand washing facilities or hand sanitizer dispenser.
- When dealing with diarrhea and vomiting illnesses, hand washing with soap and water should always be undertaken.
- In this case, the use of hand sanitizer is NOT recommended.
- Reducing the spread of infection is in everybody's hands. Hand Hygiene: make it a habit.
- Please ask a member of the staff if you require any more information about Hand Hygiene.

