THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Practice Frequent Hand Washing

1 Hands protect lives, protect patients and protect you.

Avoid:

➡ **touching your eyes**, nose or mouth with unwashed hands.

➡ **blowing your nose** or sneezing into your hands.

➡ **touching contaminated surfaces**, objects with bare hands. Use hand gloves.

Wash hands before handling a patient or use hand gloves.

2 Wash your hands with soap and running water, so you can stop germs.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. → Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. → Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. → Rinse your hands well under clean, running water. → Dry your hands using a clean towel or air dry them.

3 5 moments of hand hygiene in a health care facility.

After using toilet

After blowing your nose, coughing or sneezing.
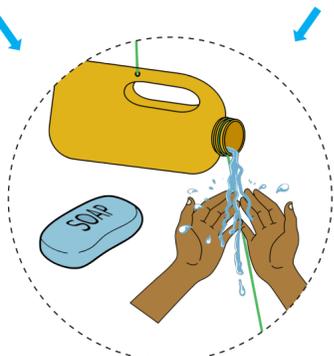
After touching medical wastes.

Before and **after** caring for someone sick with vomiting, flue and diarrhea.

Before and **after** treating a cut or wound.

4 All unwanted materials should be kept in the waste bins.