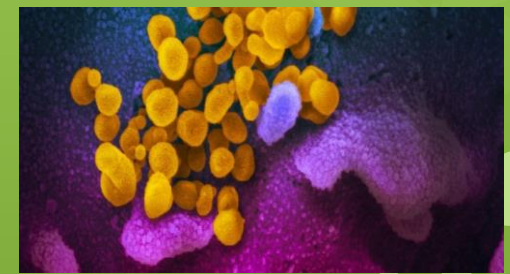
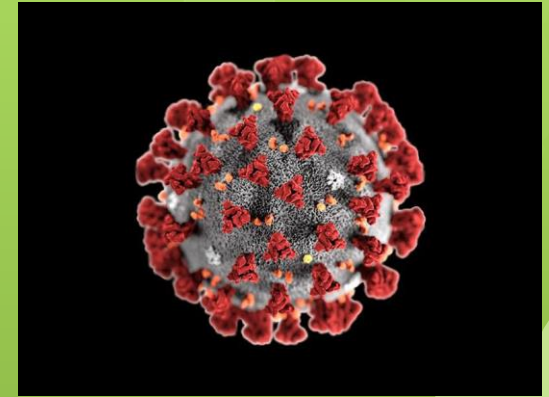


Protecting yourself and others against transmissible diseases



March 2020

Objectives

- Reducing the risk of Infections
- To Review The 5 + Moments of Hand Hygiene
- To review the correct Hand Hygiene technique
- To create and raise awareness about the benefits of hand washing.
- To inform staff of the importance of vaccinations

When to Wash Your Hands

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After Using the Toilet, Urinal or anytime you visit the restroom for any reason

Before and After Handling or Preparing any Food Item



Before and After handling raw meats, raw poultry or other raw foods

After Sneezing, Coughing or Scratching Any Part of Your Body



Before Serving Food, Beverages, Setting or Waiting Tables



After Handling a Tissue or Handkerchief



After Cleaning, Washing Dishes or Bussing Tables



After Touching Your Face, Hair, Clothes or Any Part of Your Body



Employees are required to wash your hands **BEFORE** beginning work, **BEFORE** working with foods and **AFTER** any activity that could contaminate the food and equipment you are working with.

After Eating, Drinking and After Breaks



After Smoking, Chewing Gum or Chewing



Before Putting Gloves on, or Anytime You Take Gloves Off



When you should wash your hands

Hands should be washed:

- after going to the toilet or changing a nappy
- before and after handling food – Serving food or eating yourself
- after sneezing, coughing, blowing nose
- After touching your face, hair or any other part of your body
- after caring for someone who is sick
- after handling rubbish and working in the garden
- Before and after putting on or taking off gloves
- after smoking.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



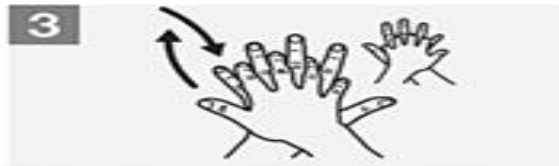
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



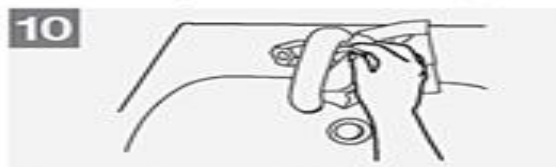
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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WHO acknowledges the Hôpital Universitaire de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



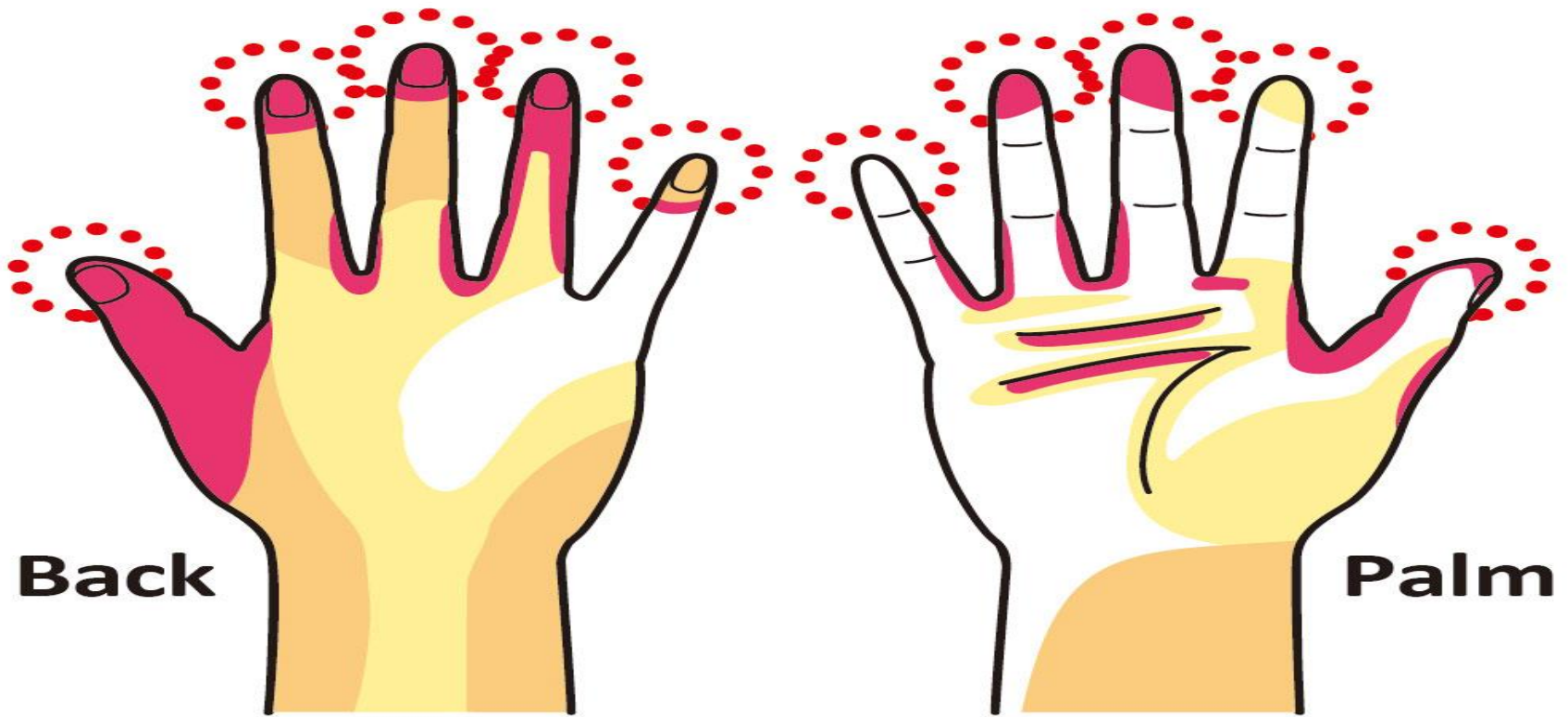
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SAVE LIVES

Clean Your Hands



Back

Palm

-  **Most Often Missed**
-  **Often Missed**
-  **Less Often Missed**

Now, let us wash our hands!

WHAT IS COVID-19?

The name corona refers to a crown because these viruses have crown-like spikes on their surface when viewed under an electron microscope.

Human coronaviruses are common throughout the world. There are many different coronaviruses identified in animals but only a small number of these can cause disease in humans.

Some coronaviruses such as 229E, NL63, OC43 and HKU1 are common causes of illness, including respiratory illness, in humans throughout the world. Sometimes coronaviruses infecting animals can evolve to cause disease in humans and become a new (novel) coronavirus for humans.

Examples of these are the Middle East Respiratory Syndrome Coronavirus (MERS-CoV), first reported from Saudi Arabia in 2012, and the Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV), first recognised in China in 2002. On January 9, 2020 the World Health Organization reported that a new coronavirus was identified in China associated with an outbreak of pneumonia in Wuhan City, Hubei Province. This virus is the COVID-19. The majority of the cases/patients initially identified were dealers and vendors at a seafood, poultry and live wildlife market (Huanan Seafood Wholesale Market) in Jianghan District of Hubei Province. This suggests that the novel coronavirus has a possible zoonotic origin. The specific source of the virus is not yet known.

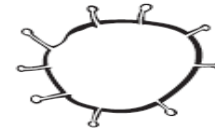
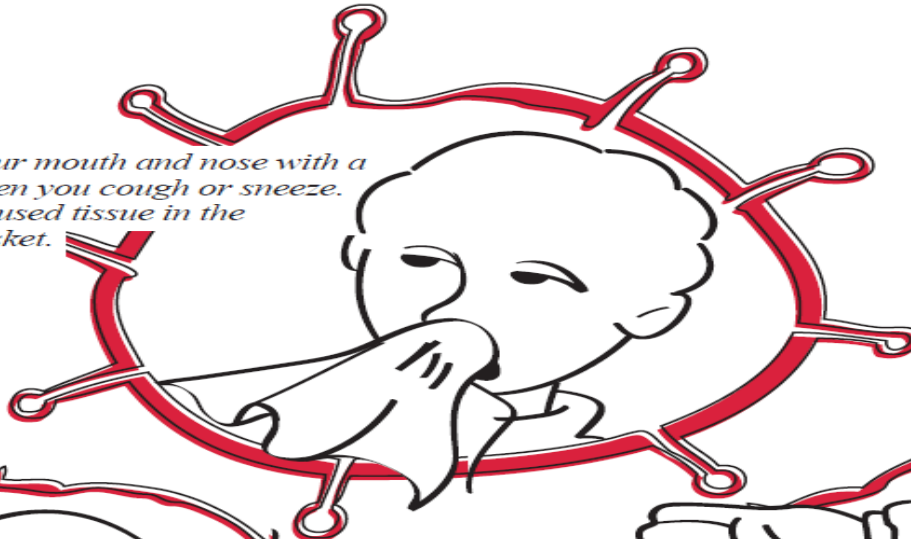


When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Cover your Cough

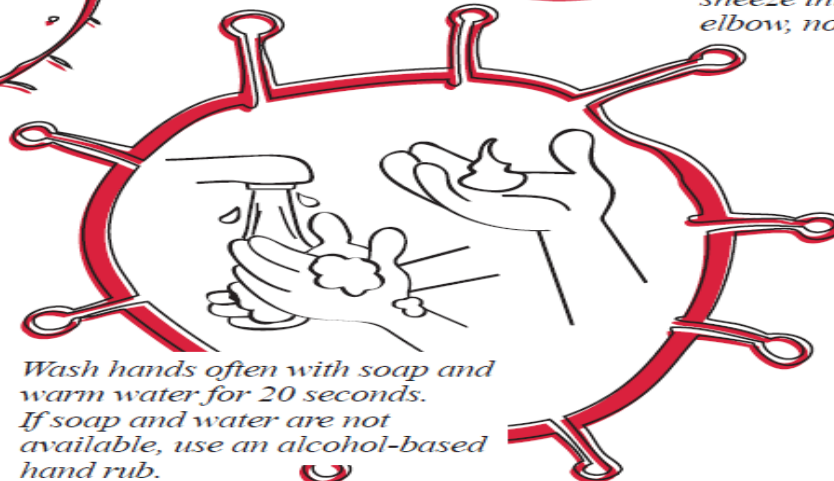
— *Stop the spread of germs that can make you and others sick!* —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



Cough Etiquette



Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissue in the waste basket and wash your hands thoroughly. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands

The Flu Vaccine

Why get it?



People who are most vulnerable to the flu virus include the elderly, children and those with chronic diseases.



Protect the people you love by getting vaccinated so you do not pass the virus on to them.



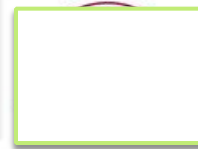
It takes about 2 weeks for the protective antibodies to develop after vaccination.



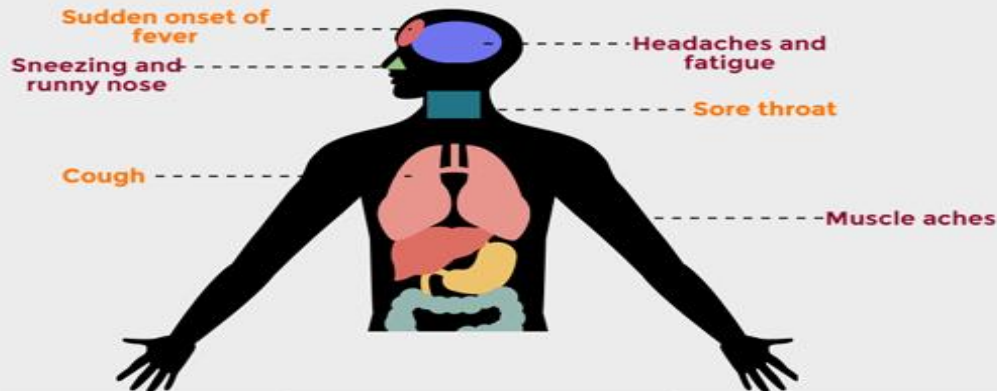
You can't get flu from the vaccine because it doesn't contain any of the live virus.

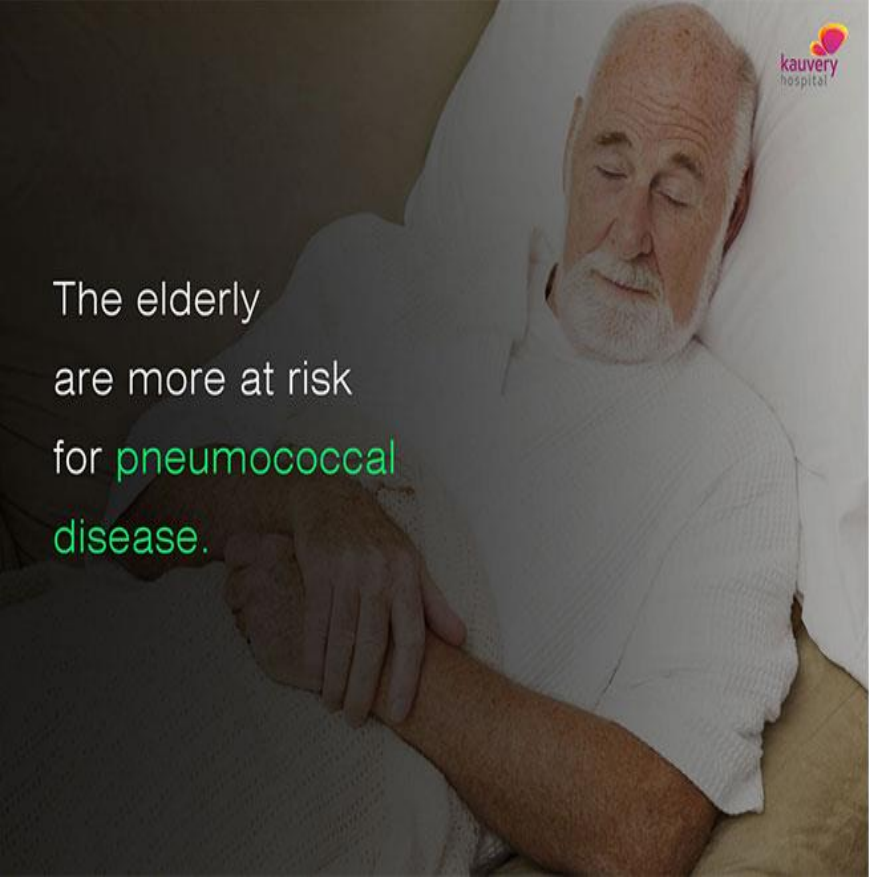
What to watch out for

- Ensure that you get the up-to-date vaccine.
- Get vaccinated at a reputable medical facility.




Flu Symptoms



An elderly man with a white beard and hair is lying in a hospital bed, looking towards the camera. He is wearing a white t-shirt. The background is a plain wall. In the top right corner of the image, there is a logo for 'kauvery hospital' with a colorful heart icon.

The elderly are more at risk for pneumococcal disease.

An elderly woman with short white hair is sitting on the edge of a bed. She is wearing a striped long-sleeved shirt and has her hands on her lower back, indicating pain. She is looking upwards and to the right. The background shows a room with a bookshelf and a framed picture on the wall. In the top right corner of the image, there is a logo for 'kauvery hospital' with a colorful heart icon.

Elderly pneumonia is particularly serious as it can lead to infections of the lungs, bloodstream, brain and spinal cord.

Older adults become more susceptible to infections due to several factors. The combination of increased co-morbid conditions and the decrease in activity of the immune system can make people more prone to infections. The immune response, particularly cell-mediated immunity, declines in efficiency with age

What to do

- Wash hands
- Do not touch your face
- Avoid handshaking & hugging& kissing as a form of greeting
- If you have a temperature and difficulty breathing, self quarantine
- Do not go to the doctor and infect others
- Call the hot line **0800029999**
- A person will be dispatched to test you