

HAND WASHING DRIVE EVENT CONDUCTED AT AMAJUBA HOSPITAL

Hand washing is very crucial nowadays knowing that we live in the era of cholera, covid19 and various types of influenzas, commonly known as "Flu". On the 31st May 2023 **Amajuba Memorial Hospital** conducted an annual hand hygiene awareness. Many staff members and patients participated during the event which was a success.

Every year on the month of May **World Health Organisation** hand hygiene is conducted globally. There are two ways of cleaning hands. You can clean hands by washing them using soap and running water, or you can clean your hands by hand rubbing using alcohol based hand rub with 70% alcohol (sanitizer)

Why is it important to perform hand hygiene regularly?

- Hands are the pathways of germ transmission
- Hand hygiene is therefore the most measure to prevent the transmission of harmful germs, prevent community acquired infections, and healthcare acquired infections
- Regular hand cleaning is one of the best way to remove germs, avoid getting sick and prevent the spread of germs to others, whether at home or at work, or travelling.

How to clean your hands?

- Clean your hands by rubbing them with an alcohol-based hand rub if hands are not visibly dirty, it is faster, more effective, and better tolerated by your hands
- Wash your hands with soap and running water when your hands are visibly dirty.
- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How germs spread?

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects







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