

**DIREZIONE SANITARIA
DIPARTIMENTO DI PREVENZIONE MEDICO
SERVIZIO MEDICINA PREVENTIVA NELLE COMUNITA'**

HAND HYGIENE

One of the most important and frequent ways of transmitting infectious illnesses happens through the hands. It is for this reason that **hand hygiene constitutes the most important preventive measure to prevent the transmission of pathogenic agents.**

Hand hygiene must be carried out:

- Before and after the handling of food
- Before and after consuming food
- After using the toilet
- Before and after having changed a nappy or having looked after children who have used the toilet
- After handling dirty or potentially contaminated objects
- After playing or a sport activity
- Every time they look visibly dirty

INSTRUCTIONS FOR A CORRECT HAND HYGIENE

Hand washing should proceed as follows:

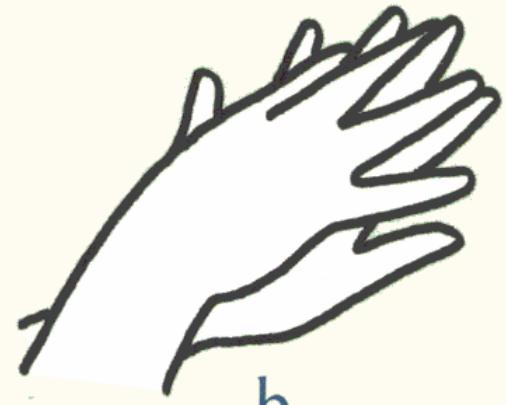
- Remove any rings, bracelets etc...
- Use liquid soap
- Accurately rub hands in the order below
- Use plenty of water
- Dry hands with a disposable material (avoid using towels in common)
- Be careful about the taps, if manual clean them before and after washing your hands, possibly by using disposable wipes to turn them off.

ORDER

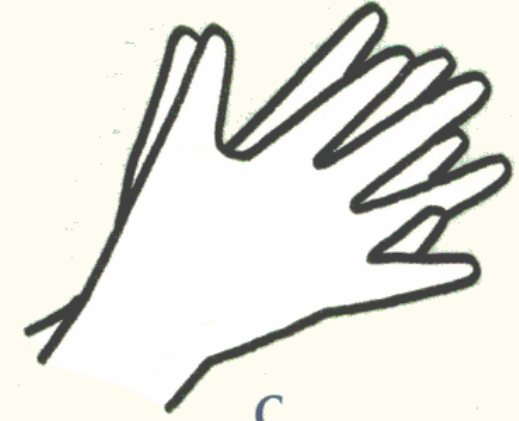
- a) Palm to palm
- b) Palm over back
- c) Palm to palm with open and interlaced fingers
- d) Back of fingers with opposite palm
- e) Rotating the surface of the thumb in the palm of the hand
- f) Rotating the tip of the fingers on the palm



a



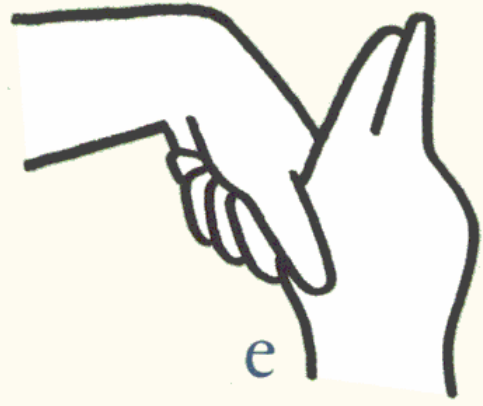
b



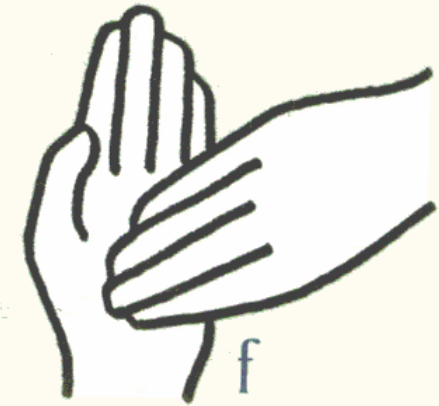
c



d



e



f