

# Hand Washing

Handwashing is the single most important way to prevent the spread of infection.

Handwashing should be done:

- After blowing your nose, coughing and sneezing
- Hands should be cleaned before and after meals.
- After using toilet facilities, ensure that hands are properly sanitized.
- Before, during, and after preparing and handling food
- After touching garbage
- Before and after interacting with others wash hands



We are all responsible for the health and safety of our fellow staff and clients, ensure proper hand washing techniques:

- Wet hands with warm water and lather soap rubbing **palm to palm** and the **back** of both hands.
- Interlock fingers while rubbing, be sure to clean underneath the fingernails. Wash hands for minimum of 20 seconds
- Rinse thoroughly underneath warm or hot water, dry with a clean paper towel.
- Use hand sanitizer when soap and water are not available

Infection Prevention and Control (IP&C) means preventing the spread of disease and multi-drug strains of organization. The IC&P at NUMC is geared toward developing, implementing, monitoring and evaluating prevention and control processes essential for maintaining a safe and healthy environment for everyone.