

What is the cleanyourhands campaign about – and how can it help prevent infections spreading in hospital?

The campaign is about getting better at hand hygiene. When staff clean their hands before and after touching each patient, it helps stop bugs spreading. There are two main ways to do this:



Washing with soap and water – this removes germs and is best when hands are soiled.

99%

30
secs



Using disinfectant handrubs – these kill about 99% of germs in around 30 seconds and dry naturally on the skin. And because we don't have to be near a sink to use them, they are also very convenient. The clean**your**hands campaign especially encourages staff to use these rubs. **We hope that seeing us use them will help you feel confident that in this hospital you're in safe hands.**

*Did you know that to keep their hands free of germs, an intensive care nurse might need to clean them **up to 40 times an hour?** Disinfectant handrubs kill almost all bugs in 30 seconds and are an excellent way of keeping you safe.*

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