



HOSPITAL AND GENERAL CLEANLINESS

HAND HYGIENE

When should you clean your hands?



Before preparing or eating food



Before touching your eyes, nose, or mouth, after blowing your nose, coughing, or sneezing



Before and after changing wound dressings or bandages



After using the restroom



After touching hospital surfaces such as bed rails, bedside tables etc.

How should you clean your hands?

With alcohol-based sanitizer



1. Put product on hands and rub hands together
2. This should take around 20 seconds

With soap and water



1. Wet your hands with warm water. Use liquid soap if possible.
2. Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
3. Continue rubbing your hands for at least 15 seconds. Rinse your hands well under running water.
4. Dry your hands using a paper towel if possible.

CLEANLINESS OF SURROUNDING ENVIRONMENT OF HOSPITAL



Never spit in a hospital.



Always keep the patient's surroundings clean.



Never consume drugs or cigarettes in hospital.



Always throw garbage in the dustbin.



Always keep the hospital bathroom etc. clean.



Always use a mask or handkerchief over your mouth when itchy.



The patient should never be fed outside food. Always feed a balanced diet.



Visiting patients should be at least one or two people to avoid infection.



Always wash hands with soap or sanitizer before feeding the patient.



Change the patient's clothing daily.

WEAR A MASK IF...

- If you are healthy, you only need to wear a mask if you are caring for someone with a suspected respiratory tract infection.
- If you are coughing or sneezing.
- If you wear a mask, you should know how to use it and dispose it off properly.

KEEPING WASHROOMS CLEAN IN HOSPITAL

- Tip #1: Keep the toilet lid shut
- Tip #2: Use Toilet Seat Sanitizers
- Tip #3: Proper Waste Disposal
- Tip #4: Wash hands thoroughly with soap and water
- Tip #5: Dry hands before stepping out
- Tip #6: Keep the floor dry