



Hand hygiene:

Guidance for health facilities

In general, the WHO recommends the basic practices below, however healthcare workers should also utilize job aids and guidance from the WHO/health organizations in country for more details.

- Health care workers should conduct hand hygiene at any of the following times:
 - Before touching a patient
 - Before clean/antiseptic procedure
 - After body fluid exposure
 - After touching a patient
 - After touching patient surroundings
 - Alcohol-based hand rub products should contain at least 60% alcohol and should be certified. Alcohol-based rub should be conducted for 20-30 seconds. If alcohol-based hand sanitizer is not available, it can be made by carefully following WHO guidance.
 - Plain soap and water can be used to wash hands for 40 to 60 seconds.
 - COVID-19 virus primarily spreads through droplet and contact transmission. Contact transmission means by touching infected people and/or contaminated objects or surfaces. Thus, your hands can spread the virus to other surfaces and/or to your mouth, nose or eyes if you touch them.
 - Hand Hygiene is one of the most effective actions you can take to reduce the spread of pathogens and prevent infections, including the COVID-19 virus.
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