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 handrub products should contain at least 60% alcohol and should be certified. Alcohol-based handrub 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.