



WHO / H. Ruiz

**ePROTECT**

## Pre-deployment training for Acute Respiratory Infections

---

### Basic Hygiene Measures

# Learning objectives

## **By the end of this session, you will be able to:**

- List basic hygiene measures necessary to protect yourself and others from respiratory and other infectious diseases
- Apply key principles of basic hygiene, while working in the context of respiratory disease outbreaks

# Session outline

1. Introduction to basic hygiene measures
2. Basic hygiene measures
  - Hand hygiene
  - Respiratory hygiene
  - Maintaining distance
3. Some considerations in performing hygiene measures
4. Recommended items to bring with you
5. Key messages

# 1. Introduction to Basic Hygiene Measures

- Measures to perform in any given setting
- To be augmented by other measures in particular situations/ settings e.g.,
  - Maintaining distance (of at least 1 meter) from people with respiratory symptoms

# 2. Basic Hygiene Measures

- Hand hygiene



- Respiratory hygiene



- Avoid close contact with sick people





# 2.1 When to perform hand hygiene?



When should you clean your hands?	Before	During	After
Preparing food	✓	✓	✓
Eating	✓		✓
Blowing nose, coughing and sneezing			✓
Caring for someone	✓		✓
Touching animal, animal feed, animal waste			✓
Touching garbage			✓
Using the toilet			✓

**Note: perform hand hygiene before and after touching your face and nose!**

## 2.2 What to use to perform hand hygiene?

- When hands are visibly soiled use soap and water
- When hands are not visibly soiled use alcohol-based hand rub (ABHR)
  - Or soap and water (2<sup>nd</sup> choice)

# 2.3 How to hand rub/ hand wash?

## How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

**⌚** Duration of the entire procedure: 20-30 seconds

**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;

**1b** Rub hands palm to palm;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Once dry, your hands are safe.

World Health Organization

Patient Safety  
A World Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published content is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from the use of the material. © World Health Organization, 2014. All rights reserved. For more information on the International Control Programme, for their active participation in developing the material.

## How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**⌚** Duration of the entire procedure: 40-60 seconds

**0** Wet hands with water;

**1** Apply enough soap to cover all hand surfaces;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Rinse hands with water;

**9** Dry hands thoroughly with a single use towel;

**10** Use towel to turn off faucet;

**11** Your hands are now safe.

World Health Organization

Patient Safety  
A World Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published content is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from the use of the material. © World Health Organization, 2014. All rights reserved. For more information on the International Control Programme, for their active participation in developing the material.

**Note:** if using ABHR perform hand hygiene for 20-30 seconds, if using soap and water 40–60 seconds are required



## 2.4 Respiratory Hygiene

- Cover your mouth and nose with a disposable tissue when coughing/sneezing
- Discard the tissue immediately into a no-touch waste bin or clean them appropriately after use e.g., wash handkerchiefs using regular soap or detergent and water
- If you don't have a tissue, you may sneeze into your elbow
- Perform hand hygiene afterwards!



## 2.5 Maintaining distance

- Reduce the time spent in crowded places, as the likelihood of coming in contact with people who are ill is higher in crowds
- Keep a distance of at least one meter (greater than an arm's length) from people who are coughing or sneezing
- Avoid touching, shaking hands or kissing sick people



# 3. Some considerations in performing hygiene measures

- The main aim is to help protect you from getting infected
- The measures should be performed with due consideration of the context you are in:
  - Scarce water source/ unclean water - alcohol based hand rub (when hands not visibly soiled)
  - Hand shake or greetings with contact is the norm – be as culturally sensitive as possible
  - Disposing used materials, tissues, etc. – bring own resealable bag and dispose properly later

## 4. Recommended items to carry with you

- Alcohol-based hand rubs (ABHR)
- Disposable facial tissues for sneezing or coughing
- Thermometer
- Disposable medical masks in case you develop respiratory symptoms
  - WHO does not recommend healthy people wear masks routinely
- Resealable plastic bag to dispose wastes (tissues, etc.)

# 5. Key messages

- Perform basic hygiene measures at times
  - Augment with other measures in particular situations/settings
- Basic hygiene measures include hand hygiene, respiratory hygiene, maintaining distance
- Aim is to help protect you from infection
  - Measures should be performed with consideration of the context you are in

# WHAT DO YOU REMEMBER?