

Hand Hygiene Patient and Family Education



What Is Hand Hygiene And How Can It Save Lives?

Hand hygiene refers to the cleaning of hands, either with soap and water or an alcohol-based hand-rub.

Regular hand hygiene is one of the most effective ways to reduce the risk of transmitting infections.

Patients who are admitted into the hospital are generally unwell. Some may have lowered immunity. They may be at risk of getting infections while they are in the hospital being treated for something else.

Healthcare workers must perform hand hygiene frequently to reduce the risk of spreading infections.

You are encouraged to remind all healthcare workers to clean their hands before attending to you.

As your hands can carry germs too, you are encouraged to wash your hands often. Visitors should do so before and after visiting loved ones in the hospital.

It Is Important To Wash Your Hands:

Before:

- Entering and leaving the ward
- Touching patients and their belongings
- Handling food

After:

- Using the washroom
- Coughing and sneezing
- Touching patients
- Touching patients' surroundings

6 Steps To Clean Your Hands

- 1** With soap, thoroughly rub the palms of your hands together.



- 2** Interlace your fingers and rub palm to palm.



- 3** Rub each palm over the back of the opposing hand with fingers interlaced.



- 4** Interlock your hands and rub the back of your knuckles against the opposing palm.



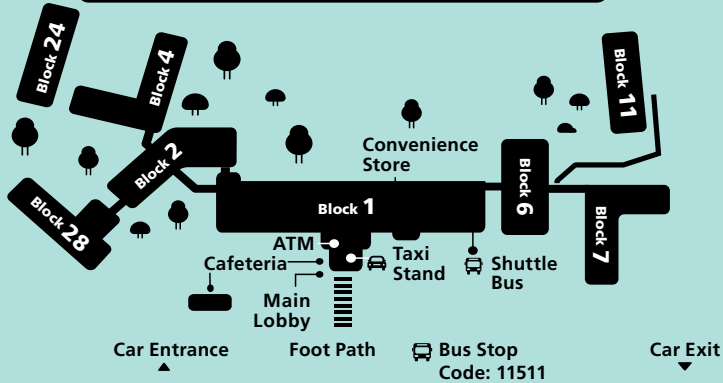
- 5** Grasp your thumb with the opposing palm and rub while rotating.



- 6** With clasped fingers, rotationally rub your fingertips onto the opposing palm.



How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (May 2021) and subject to revision without prior notice.

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