

Hand Decontamination

for care home staff

For the correct technique to decontaminate your hands with soap and water and with alcohol gel, see the hand hygiene posters in your clinical area

When are “the 5 moments” I should decontaminate my hands?

- 1 Before touching a resident
- 2 Before performing a clean / aseptic procedure
- 3 After body fluid exposure risk
- 4 After touching a resident
- 5 After touching a resident’s surroundings

When can I use soap and water?

Soap and water can be used for all the “5 moments” for hand hygiene.

Using the correct technique manually removes germs from your hands to reduce the risk of cross infection.



Can I use moisturiser?

It is important to use moisturiser as much as needed to prevent hands from becoming dry and sore.

For more information contact:

Jeanette Wood
Infection Prevention and Control
Tel: 0113 843 4511
Email: jeanette.wood2@nhs.net

When can I use alcohol gel?

Alcohol gel is recommended for routine patient contact.

Using the correct technique destroys many types of germs on your hands to reduce the risk of cross infection.

DO NOT use alcohol gel if:

- your hands look dirty or have come into contact with body fluids
- you feel a build-up of gel on your hands
- you are caring for residents who have diarrhoea and/or vomiting

Alcohol gel DOES NOT destroy Clostridium difficile or Norovirus germs which may cause diarrhoea and/or vomiting. Only use soap and water when caring for residents with these symptoms.

