

Hand Decontamination

for care home staff

For the correct hand hygiene technique to wash your hands with soap/apply alcohol gel, see the hand hygiene technique posters in your care home.

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

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

When should I use alcohol gel?

Alcohol gel destroys many types of germs on your hands. This will reduce the risk of transferring germs from your hands to your patients and to the environment.

Alcohol gel is recommended for all routine hand hygiene during care except when:

- your hands look dirty or have come into contact with body fluids
- you are caring for patients who have diarrhoea and/or vomiting

Alcohol gel **DOES NOT** destroy **Clostridium difficile (C.diff)** or **Norovirus germs** (which may cause diarrhoea and/or vomiting). Use only soap and water when caring for patients with these conditions.



When should I use soap and water?

Use soap and water only at times when you should not use alcohol gel.

Washing your hands with soap and water will manually remove dirt and germs from your hands. This will reduce the risk of transferring germs from your hands to your patients and to the environment.



Can I use moisturiser?

It is important to use moisturiser regularly to prevent hands from becoming dry which may develop into sore and broken skin.

For more information contact:

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