



Hand Hygiene

Student and visitor information leaflet

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This leaflet explains the different ways to clean your hands and how, by simply washing your hands you can help to reduce the spread of infection.

Hands are used every day for many different tasks and as a result of contact with other people, equipment or surroundings, can be responsible for the spread of a wide variety of germs and viruses, some of which could cause infection if not cleaned effectively.

Hand washing with soap and hot water is the most effective way of cleaning your hands if they are visibly dirty. Hands may look clean, but the germs that cause infections cannot be seen by the naked eye. If you could look at your hands through a microscope you may get a nasty surprise. Follow the hand washing technique to ensure an effective hand wash.



We endeavour to do our best to protect you from infection, but we need your help – remember to wash your hands at these key times:

- **After coughing, sneezing, or blowing your nose**
- **After going to the toilet**
- **Before touching food and eating**
- **If they look or feel dirty**

Hand Sanitiser is a quick, convenient and effect alternative to hand washing only if your hands are not visibly dirty. This is useful when soap and water for hand washing is not readily available. Follow the hand Sanitiser technique.

Hand-washing technique using hand sanitiser



Please ask a member of staff for the location of the nearest hand washing facilities or hand sanitiser dispenser. When dealing with viruses, diarrhoea or vomiting illnesses, handwashing with soap and water should always be undertaken, the use of hand sanitiser is NOT recommended.

Please ask a member of staff if you require any more information about hand hygiene.

Student Information
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