Patients and visitors

Hand hygiene - always

Norwegian Institute of Public Health

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Northern Norway Regional Centers in Infection Control
Central Norway Regional Centers in Infection Control
Western Norway Regional Centers in Infection Control
South-Eastern Norway Regional Centers in Infection Control
Why?

• Hand hygiene prevents transmission of microorganisms that can cause diseases.
• Hand hygiene reduces your own and others’ risk of acquiring an infection.

When?

• When you go into or leave a ward or a patient’s room.
• Before you eat or prepare food.
• After touching dressings, nappies (diapers), catheters or other similar items.
• After you have been to the toilet.
• After you have been coughing, sneezing in your hands or blown your nose.

How

• Alcohol based hand disinfection (rub) is available for everyone on the ward.
• Apply enough hand disinfection (rub) so that it is possible to distribute it onto both hands. Rub your hands until dry.
• Hand wash with liquid soap and water is the best alternative after having been to the toilet or when your hands are visibly dirty.
• If you have any questions, please ask the healthcare workers on the ward.