

# PREVENTIVE MEASURES

# Preventive Measures

1. **Personal protection**
2. **Hand hygiene**
3. **General advice to patients**

# 1. Personal protection

1. **Protecting yourself**
2. **Cleaning of surfaces and objects in the surgery**
3. **Ventilation**

## 2. Hand Hygiene

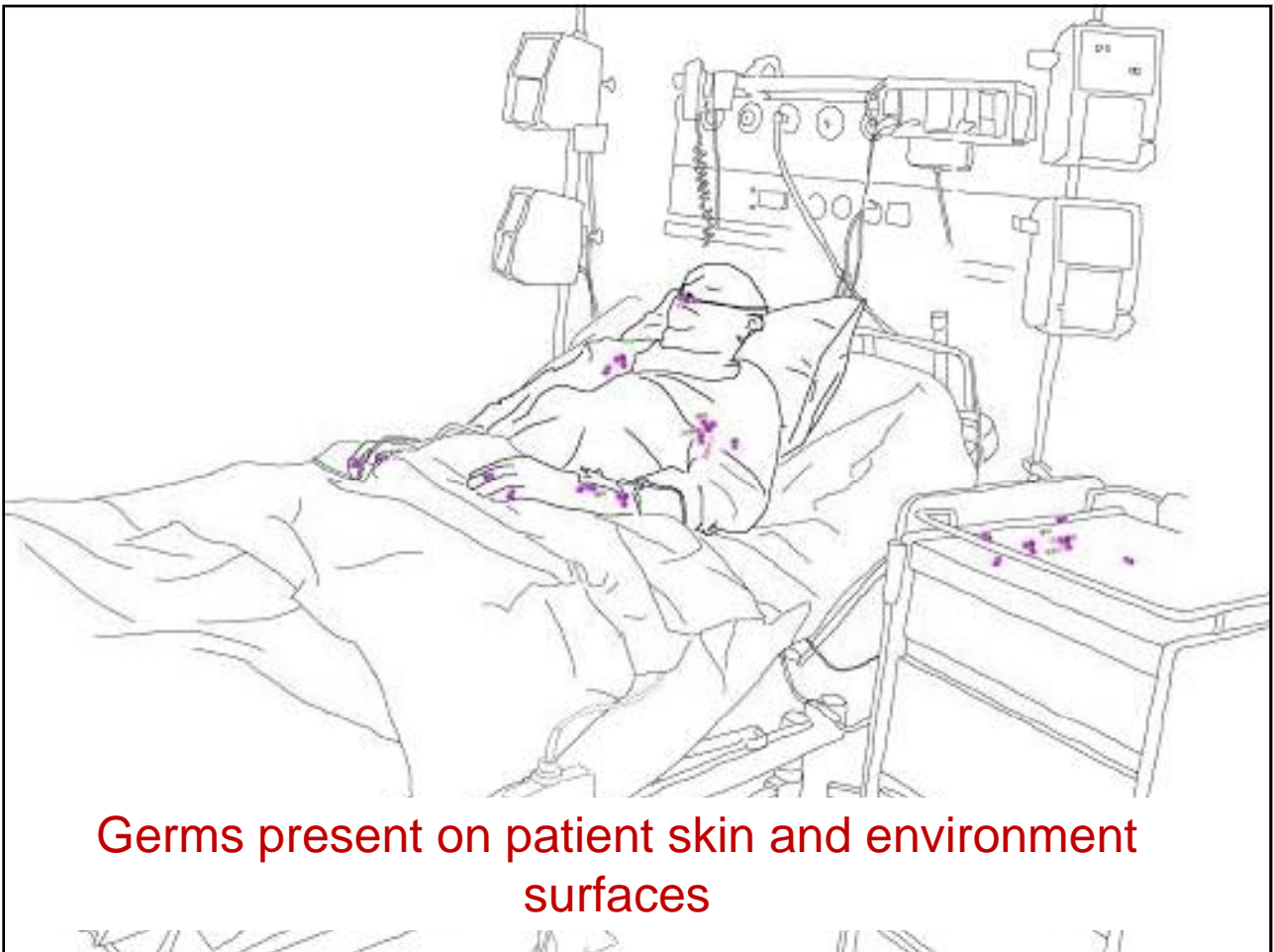
Hand hygiene is the  
single most effective  
measure to reduce  
health care-  
associated infections



## 2. Hand Hygiene

Hands are the most common vehicle to transmit health care-associated pathogens to self, and from one patient to another via hands.





**Germs present on patient skin and environment surfaces**

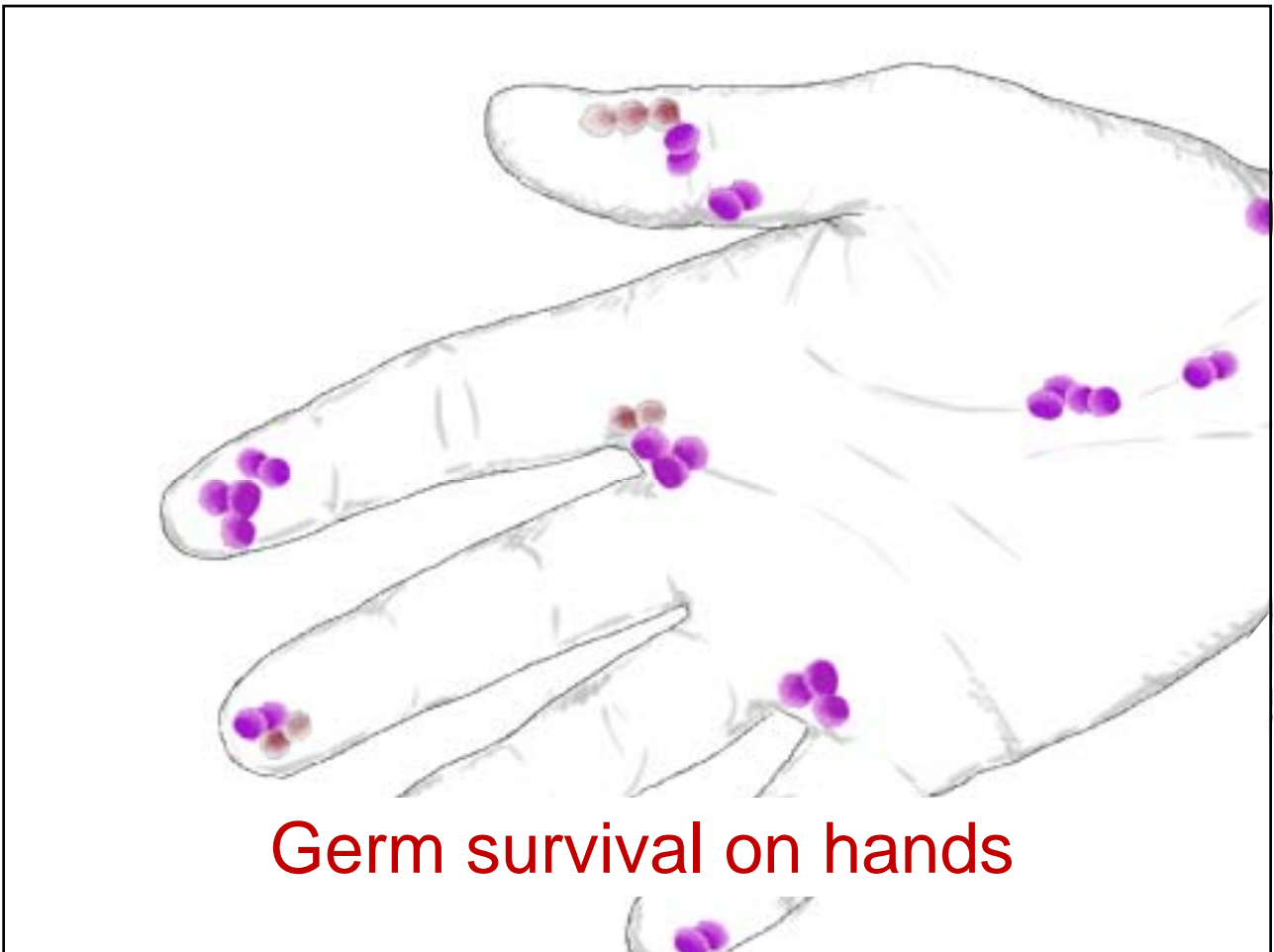


**Germs are transferred to health-care workers' hands**

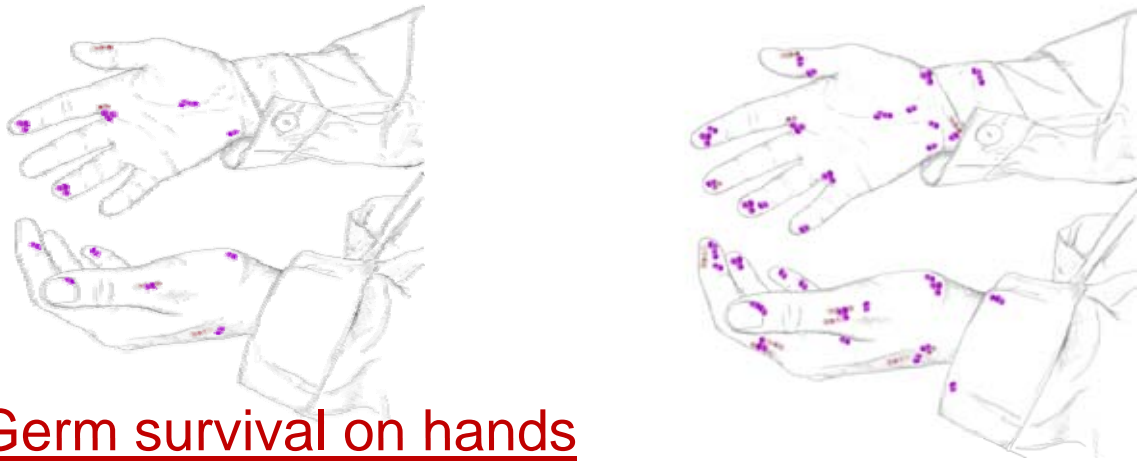


Hands can get contaminated during “clean” activities (taking the patient's pulse, blood pressure, or oral temperature, during auscultation)



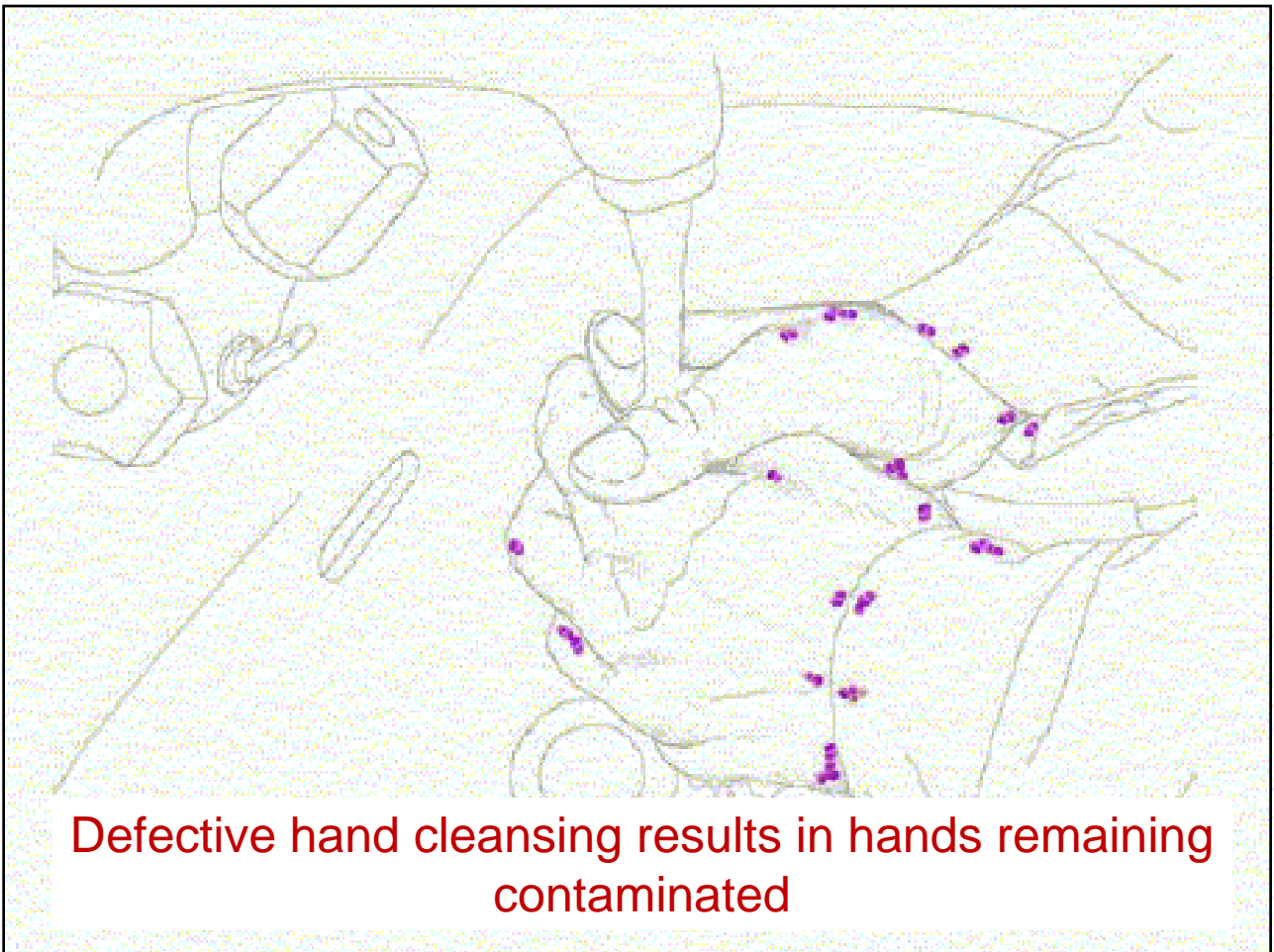


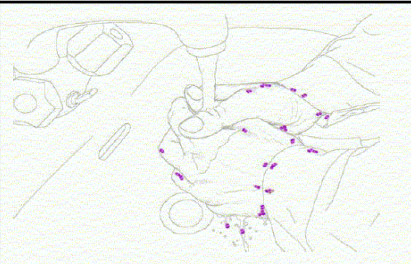
**Germ survival on hands**



### Germ survival on hands

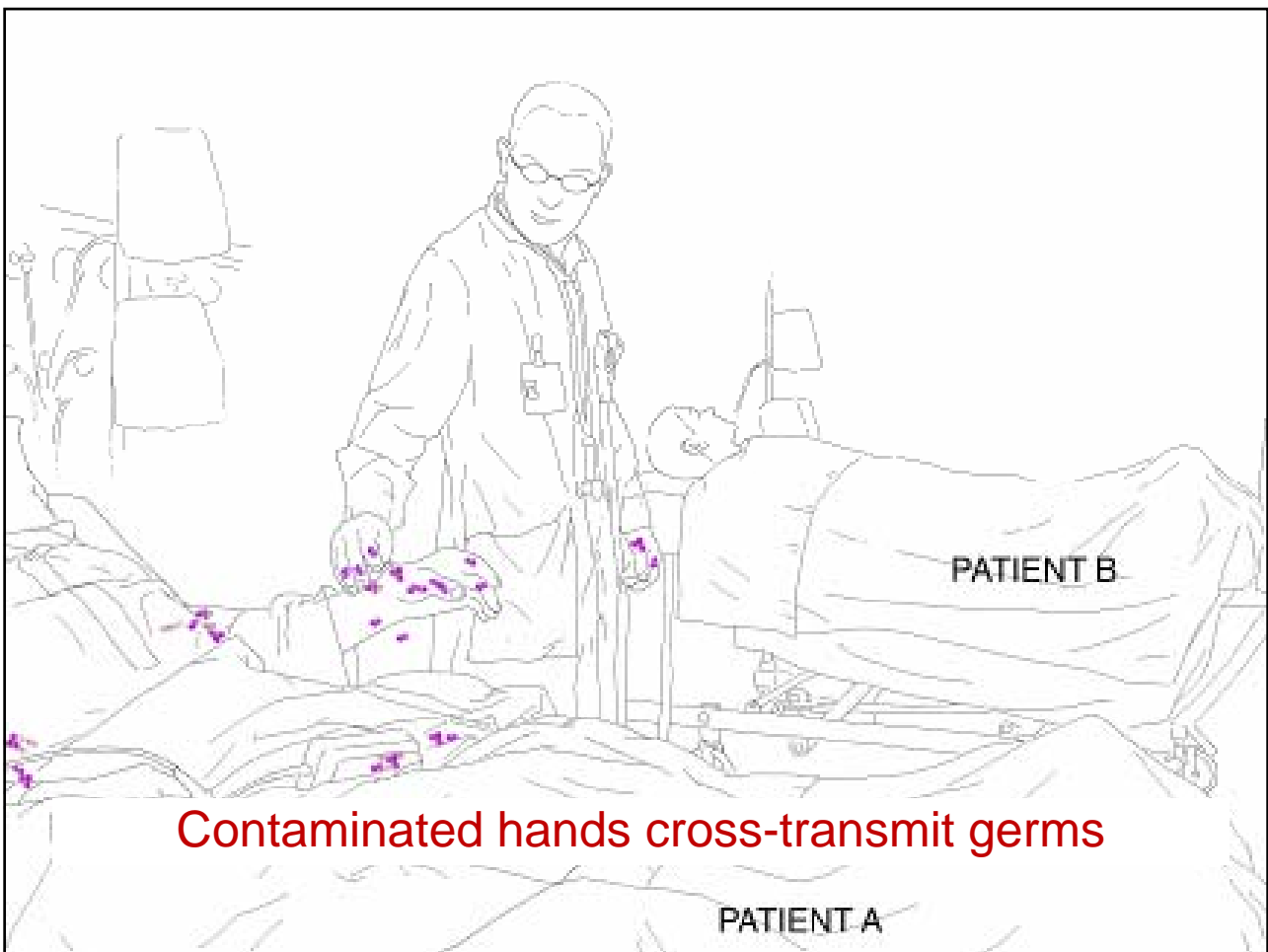
- Following contact with patients and/or contaminated environment, germs can survive on hands for differing lengths of time (2-60 minutes)
- In the absence of hand hygiene action, the longer the duration of care, the higher the degree of hand contamination





Defective hand cleansing results in hands remaining contaminated

- Insufficient amount of product and/or insufficient duration of hand hygiene action lead to poor hand decontamination
- Transient microorganisms are still recovered on hands following handwashing with soap and water, whereas handrubbing with an alcohol-based solution has been proven significantly more effective



If hospital bugs would look like this - compliance with hand hygiene would be 100%



Unfortunately this is not the case

### 3. General advice to patients



- \* Cover the nose and mouth when coughing or sneezing, with a tissue if possible, then dispose the tissue in the trash after use.
- \* Wash hands immediately after coughing or sneezing to reduce the spread of the virus from the hands.

### 3. General advice to patients

- \* Social distancing by limiting contact with others to prevent spread of infection.
- \* Environmental cleaning.
- \* Advice from a health professional.



### 3. General advice to patients

#### Those who are well

- Avoid close contact with people who appear unwell and have fever and cough
- Avoid touching eyes, nose or mouth with unwashed hands
- Clean hard surfaces such as table tops, door handles and taps regularly using a normal cleaning product.

### 3. General advice to patients

- Reduce as much as possible the time spent in crowded settings
- Ensure good ventilation by opening windows as much as possible.

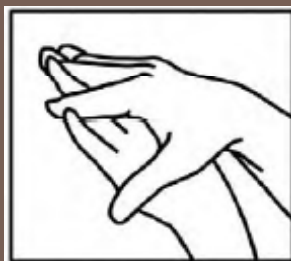
### 3. General advice to patients

# Handwashing

## Six steps of Handwashing



**Palm to palm**



**The back of the hands**



**In between the fingers**



**The back of the fingers**



**The thumbs**



**The tips of the fingers**



Thank you