A Guide to Clean Hands

(Hand Hygiene)

Why do I need to clean my hands?

I clean my hands (usually, or in the case of severe cases) for the following reasons:

1. To wash my hands with soap and water.
2. To dry my hands.
3. To use hand sanitizer when soap and water are not available.
4. To avoid touching my face, especially the mouth, nose, and eyes.
5. To avoid touching other people's objects, such as phones, doorknobs, and other surfaces.

When do I need to clean my hands?

I clean my hands (usually, or in the case of severe cases) for the following reasons:

1. Before eating.
2. After using the toilet.
3. After coughing or sneezing.
4. After handling garbage.
5. After touching animals or their waste.
6. After touching the face, nose, or mouth.
7. After touching a person who is ill.
8. After touching public objects or surfaces.

I clean my hands (usually, or in the case of severe cases) for the following reasons:

1. Before and after preparing food.
2. Before and after caring for a sick person.
3. After handling raw meat, poultry, or seafood.
4. After handling ready-to-eat food.
5. After using the toilet.
6. After coughing or sneezing.
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ਇੱਕ੍ਹਾ ਟੇਲ ਮੈਲੀਸ਼ਿਨਿਤ ਦੀ ਲਿਸਟ ਬਣਣੀ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਕਰਨ ਲਈ?

Should I use hand sanitizer or soap and water?

ਅਪਣੇ ਲਖਾ ਤੋਂ ਮਾਡ ਬਣਾਉਣ ਲਈ ਇੱਕ੍ਹਾ ਟੇਲ ਮੈਲੀਸ਼ਿਨਿਤ ਅਨੇ ਸਫਾਈ ਵਾਲੀ ਚਾਰਜ ਹੈ ਤਾਂ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਲੋਸ਼ਵਾਨੇ ਲਈ ਕਰਨ ਦਵਾਲੇ ਹੋਏ।

ਟੇਲ ਮੈਲੀਸ਼ਿਨਿਤ ਦੀ ਲਿਸਟ ਵੱਖਰਾ ਮਾਡ ਦੇ ਹਿੱਕਾਰ ਦੁਨੀਆ ਦੇ ਨਾਂ ਤੇ:

1. ਸਫਾਈ ਵਾਲੀ ਚਾਰਜ ਅਪਣੇ ਟੇਲ ਵੱਖਰਾ ਤੋਂ ਮਾਡ ਬਣਾਉਣ ਲਈ ਹੀਨਾਲੇ ਬਣਾਉਣ ਵਾਲੀ ਹੋ ਸਵਾਂਦਰੀ ਕਰੋ।
2. ਅਪਣੇ ਦਵਾਲੇ ਦੇ ਵਿਸ਼ੇ ਦੇ ਅਖਰ ਪੰਛੀ ਟੇਲ ਮੈਲੀਸ਼ਿਨਿਤ ਦੀਆਂ ਹਾਨਿਆਂ
3. ਮੈਲੀਸ਼ਿਨਿਤ ਦੀ ਲਿਸਟ ਅਪਣੇ ਪੁਰਤੀ ਦੇ ਪੁਰਤੀ ਦੇ ਟੇਲ ਹੋ, ਟੂਂਟਾਂ, ਟੂਂਟਾਂ ਦੇ ਪੋਟੇਡੀਆ
4. ਅਪਣੇ ਇਲਾਵਾ ਪੁਰਤੀ ਵੱਕਾ ਮੰਡ ਦੱਖਣ ਜਾਂਦੀ ਹੈ।

ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਲਿਸਟ ਬਣਾਉਣ ਲਈ ਹੀਨਾਲੇ ਬਣਾਉਣ ਦੀ ਪਰਸਨ ਬਣਾਉਣ ਦੇ:

1. ਸਫਾਈ ਵਾਲੀ ਚਾਰਜ ਹੀਨਾਲੇ ਸਫਾਈ ਵਾਲੀ ਚਾਰਜ ਦੀ ਪਰਸਨ ਬਣਾਉਣ ਦੇ:
2. ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਪਰਸਨ ਬਣਾਉਣ ਦੇ:
3. ਅਪਣੇ ਦਵਾਲੇ ਦੇ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਬਣਾਉਣ ਅਤੇ ਪਾਣੀ ਤੇ ਕਰੋ।
4. ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਬਣਾਉਣ ਅਤੇ ਪਾਣੀ ਦੀ ਕਰਨ ਦੇ:
5. ਅਪਣੇ ਦਵਾਲੇ ਦੇ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਬਣਾਉਣ ਦੇ ਪੋਟੇਡੀਆ
6. ਅਪਣੇ ਦਵਾਲੇ ਦੇ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੇ ਬਣਾਉਣ ਦੇ
7. ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਬਣਾਉਣ ਦੇ:
8. ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਹੀਨਾਲੇ ਸਫਾਈ ਅਨੇ ਪਾਣੀ ਦੀ ਬਣਾਉਣ ਦੇ.
When does my healthcare team need to clean their hands?

The healthcare team needs to clean their hands for the following scenarios:

**Moment 1**
- Before performing any task involving the patient’s mouth, oropharynx, or respiratory tract (e.g., intubation, endotracheal suctioning).
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**Moment 2**
- Before performing any task involving the patient’s nose, sinuses, or throat.
- Before performing any task involving the patient’s eyes, ears, nose, or mouth (e.g., intubation, endotracheal suctioning).
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**Moment 3**
- Before performing any task involving the patient’s skin, including the surrounding area (e.g., catheter insertion, dressing change).
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**Moment 4**
- After touching the patient’s skin, including the surrounding area (e.g., catheter insertion, dressing change).
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I didn’t see you clean your hands, would you mind cleaning them? (I didn’t see you clean your hands, would you mind cleaning them?)

The healthcare team will observe and remind you if they notice you not washing your hands according to the guidelines.

Hand Hygiene A Guide to Clean Hands

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