

# Hands Hygiene for Health Care Workers

R A T A I I Y V L B o V 4 U P B F 2 V W M O C T  
 W Y C 2 A T V I M 2 B 6 U F I I 6 A o A W S C C  
 Y B A C F T C S L H L M 2 C V H H H T L A E H A  
 M E T R T A Z Y E W L E S E E F O A R S H Y F T  
 P F N E E 6 E T o N C Z M 3 3 M H 3 W 3 A S C N  
 H O O Z R 2 C M U o H O U G R B T V A U D A F O  
 G R C I C o L V U E M 6 Y E S F B L B N T H L C  
 N E G T O R C U P E S L L O A H M 4 O N D L M T  
 I A N I N U 3 A N E N 4 H N D Z o C O S L U P N  
 H S I N T L P T Y T 2 L 6 I 2 T E C B D A I M E  
 S E D A A W S C A Z U V S E O S T U C N B 6 o I  
 A P N S C R S M U E Z E M 6 o N R Y Y A V T o T  
 W T U S T Z 2 2 F O A V o 3 E D S G 6 H R R U A  
 D I O Y B W Z 3 V S o S O I N I A Y Y R o O O P  
 N C R Z O N R B E V E T T A L F V P P U 3 L T E  
 A P R A D 6 B S O C o A H o W P E E Y O I Y W R  
 H R U 4 Y U E P O 2 P 6 W R A T L P G Y 2 U N O  
 G O S 6 F B R N D R U 6 F H T A I 4 o N U G W F  
 C C R Y L 2 D R E P Z D E D E D V E C A P N C E  
 N E E R U S L T E C Z V H P R G E S N E Z Y 4 B  
 Y D T V I I F S E D V E I W M M S E L L P A O S  
 C U F C D A P U 6 R W R I R A I R E T C A B o 6  
 N R A M A G H W F 6 o V U D U O O Z D 6 B E F I  
 E E o R S Z H A N D S O N T O S T O P G E R M S

after surrounding contact  
 before patient contact  
 40 to 60 seconds  
 five moments  
 sanitizer  
 handrub  
 water

before a septic procedure  
 hands on to stop germs  
 clean your hands  
 hand washing  
 bacteria  
 health  
 soap

after contact body fluid  
 after patient contact  
 20 to 30 seconds  
 save lives  
 diseases  
 virus