

HAND WASHING – A SIMPLE AND EFFECTIVE METHOD FOR PREVENTION OF NOSOCOMIAL SEPSIS



Palm and fingers



Back of hands



Finger & knuckles



Thumbs



Finger tips



Wrists and forearms

Wash hands for 2 complete minutes before entering NICU & before any procedure

Wash hands for at least 20 seconds before and after touching baby

Golden rules

- Remove all jewelry and watch before hand washing. Roll the shirt to above elbow level.
- Wet and apply soap on hands and forearm up to elbow level.
- A normal, non-medicated soap is good enough.
- Dry hands either in air or by single-use sterile towel or sterile paper. Multiple-use cloth towels are not recommended
- Alcohol-based hand rub solutions may be used as an alternative. The 5 ml solution should be spread on all parts of the hands; follow Above steps; rub hands to dry.