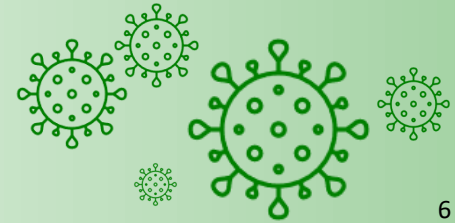




# COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



## Unite for Safety

### 5 MAY IS WORLD HAND HYGIENE DAY

#### Why dedicate a week to hand hygiene?

Hand hygiene is one of the most effective ways to reduce the spread of germs and prevent infections, including COVID-19. Each year, Hand Hygiene Awareness Day highlights the importance of clean hands, not only in health care environments, but also in everyday life. This year, the theme is: Unite for Safety—Clean Your Hands.

#### How does hand hygiene protect us?

A number of infectious diseases can be spread from one person to another by contaminated hands. Hand hygiene is our first line of defence against this.

Thorough handwashing with soap and water can protect you and others from the bacteria and viruses that cause disease, from the common cold to more serious infections, such as meningitis, bronchitis, the flu, hepatitis A, and many types of diarrhoea.

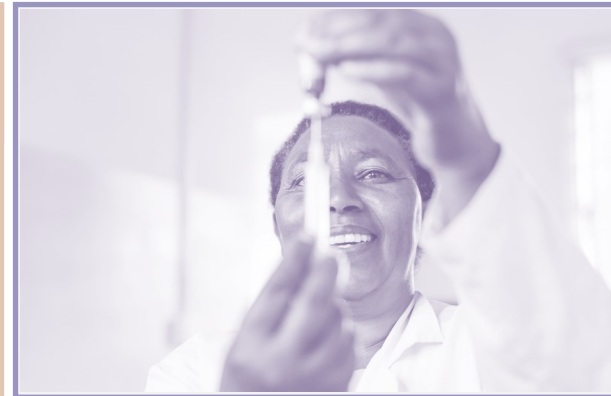
This is especially important for young children, the elderly and those with weakened immune systems.

#### When should we wash our hands?

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.).

#### How should we wash our hands?

1. Wet your hands with clean, running water, turn off the tap and apply soap.
2. Make foam by rubbing your hands together with the soap: cover the backs, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



## Fast Facts

- Hand hygiene is one of the most effective ways to reduce the spread of germs
- 75% of illnesses in homes can be prevented by maintaining good hygiene habits
- Regular hand washing is particularly important to protect young children, the elderly, and the immune-compromised
- In order to clean your hands properly, you need to use soap and water, and scrub for at least 20 seconds

Want to find out more?

#### World Hand Hygiene Day:

<https://www.who.int/campaigns/world-hand-hygiene-day/2022>

#### Clean Hands Save Lives:

<https://www.cdc.gov/handwashing/index.html>

#### When & how to wash your hands:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

#### Hand washing in South Africa:

<https://www.lifehealthcare.co.za/patient-information/infection-prevention/>

## Ask Dr M

#### Do you still have questions?

Call us on  
**0800 24 36 72**  
or WhatsApp  
**082 735 4472**



Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination



Ventilation

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