

Azienda Toscana USL Sud Est promotes hand hygiene.

Do you know?

Hands can be properly sanitized by simply washing your hands with a generous amount of hydroalcoholic gel for 20-30 seconds.

And for social washing with detergent, it takes 40 to 60 seconds.

Washing your hands is an effective way to combat the spread of bacteria, viruses and other microbes.

Proper hand washing can help fight healthcare-associated infections.

Remember to wash your hands:

- if you see your hands are dirty;
- When caring for someone colonized with multidrug-resistant bacteria
- Before preparing and/or serving food;
- after using the toilet;
- Before handling medicines.

Health is just in your hands