Hand Hygiene
手部衞生

Care Advice
護理須知

Gleneagles Hospital
HONG KONG
港怡醫院

When to clean our hands?
何時應潔手?

- Any time when you find your hands dirty
  當您認為雙手骯髒的任何時候

- Although it is not possible to keep your hands germ-free, there are times when it is critical to clean your hands to limit the quantity of germs and the chance of spreading diseases
  雖然您不可能保持雙手無菌,但有些重要時刻您必須潔手,以減低病菌數量和傳播疾病的機會

Before eating and preparing food
進食及處理食物前

Before and after touching eyes, nose and mouth
觸摸眼、鼻及口之前後

Before and after coming into contact with patients
接觸病人前後

After coughing and sneezing
打噴嚏及咳嗽後

After using the toilet
如廁後

After touching public facility
觸摸公共設施後

How can you help as a patient?
病人可以怎樣幫忙呢?

- Our healthcare staff are committed to observe hand hygiene. Do not be afraid to remind them to clean their hands prior to attending to you
  我們的醫護人員致力維持手部衛生。請隨時提醒他們在照顧您之前清潔雙手

- Remind your visitors to clean their hands before and after visiting you
  提醒您的訪客在探訪您之前及之後清潔雙手

Should there be any doubts, please consult nurses immediately.
如有任何疑問,請即向護士查詢。

Information provided by Infection Prevention and Control Department of Gleneagles Hospital Hong Kong.
以上資料由港怡醫院感染預防及控制部提供。

Reference 參考:
Center for Health Protection
衛生防護中心

Free Shuttle Service
免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。

Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).
您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。

Hospital address
1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址
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港怡醫院
Gleneagles Hospital Hong Kong

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Why clean our hands?
為何要清潔雙手？

- Germs survive and multiply on hands.
  細菌會在雙手存活及繁殖。

- Germs can survive on hands for 2 to 60 minutes.
  細菌可以在雙手存活2至60分鐘。

- Clean hands prevent the spread of diseases and keeps you and your family healthy.
  雙手潔淨可以預防疾病傳播，並保護您和家人的健康。

How to clean our hands?
如何清潔雙手?

You can clean your hands by:
您可以通過以下方式清潔雙手：

- Using liquid soap and water to wash your hands, and dry them after washing. (This is especially recommended for visibly soiled hands.)
  用梘液和水清洗雙手，然後抹乾。（特別建議使用此方法清潔有明顯污垢的雙手。）

- For hands without visible dirt, clean them with alcohol-based hand sanitisers, and rub your hands following steps until the alcohol dries off. There is no need to rinse your hands afterwards.
  如果雙手沒有可見污垢，請使用含酒精的潔手液進行清潔，並跟隨步驟搓手直至酒精乾透，無需過水。

Proper hand hygiene steps:
7 Steps of Hand Hygiene Technique
正確清潔雙手步驟：潔手七步曲

① **Palms 手掌**

② **Back of hands 手背**

③ **Finger webs 指罅**

④ **Back of fingers 指背**

⑤ **Thumbs 拇指**

⑥ **Finger tips 指尖**

⑦ **Wrists 手腕**

Points to note
注意事項

Clean hands with liquid soap and water
使用梘液和清水潔手

- Apply liquid soap and rub hands together to make a soapy lather
  加入梘液，並搓手以擦出泡沫

- Rubbing hands away from running water and for at least 20-30 seconds
  離開水源搓手至少20-30秒

- Rinse well and dry with paper towel
  用清水將雙手徹底沖洗乾淨，並用抹手紙抹乾

- Turned off the water tap by using the paper towel wrapping the faucet
  用抹手紙包裹著水龍頭並關上

- Dispose of used paper towel properly
  妥善棄置用過的抹手紙

Clean hands with alcohol-based hand rub
使用酒精搓手液潔手

- Apply a palmful of alcohol-based hand rub to cover all surfaces of the hands
  把足夠份量的酒精搓手液倒於掌心，並覆蓋整雙手

- Rub for at least 20-30 seconds until the hands are dry
  揉擦至少20-30秒至雙手乾透