

Perform hand hygiene to help combat infectious diseases

The Centre for Health Protection (CHP) of the Department of Health is calling for the public to pay attention to hand hygiene in support of the annual Hand Hygiene Day tomorrow (May 5). The CHP reminds the public to cover their coughing and sneezes, then perform hand hygiene, emphasising that good cough manners and maintaining clean hands are helpful in preventing infectious diseases.

The slogan of this year's Hand Hygiene Day is "Cover your cough and sneeze then clean your hands please", which is simple and easy to understand. Starting from an early age, young children can be taught proper cough manners, while adults and elders can serve as good role models. Together, Hong Kong people can be considerate and responsible citizens.

A spokesman for the CHP said, "One can either cover their cough or sneeze with a mask, tissue, blouse or upper sleeve. Good hand hygiene is the primary measure proven to be effective in preventing infectious diseases, including COVID-19. Hong Kong is still fighting against COVID-19. Everyone has a role to play in order to pull through this difficult time."

The spokesman added, "Members of the public are advised to clean hands with liquid soap and water when they are visibly soiled or likely contaminated with blood and body fluid. Proper hand hygiene technique should follow the CHP's seven hand cleaning steps to wash or rub hands for 20 seconds. The seven steps are washing palms, back of hands, finger webs, back of fingers, thumbs, finger tips and wrists. When hands are not visibly soiled, they could be cleaned with 70-80 per cent alcohol-based hand rub.

The public may visit the CHP's Hand Hygiene Day 2021 webpage (www.chp.gov.hk/en/features/104150.html) for more information on this important matter.