

# Public reminded to practise proper hand hygiene: 7 steps for 20 seconds

The Centre for Health Protection (CHP) of the Department of Health today (May 3), in anticipation of Hand Hygiene Day on May 5, appealed to the public to practise proper hand hygiene and reminded people that maintaining hand hygiene is the single most effective measure to prevent the spread of infection.

The CHP adopted "Don't Pass on the Bugs. Wash or Rub with 7 steps for 20 seconds is a MUST" as the slogan for the promotional campaign for Hand Hygiene Day 2019, to remind the public to wash or rub their hands covering seven areas for at least 20 seconds.

A new poster and a WhatsApp sticker pack with original cartoon character designed by a local artist were produced to remind the public of the key health message.

Since 2005, Hong Kong has pledged support for the World Health Organization's advocacy, "Clean Care is Safer Care", by actively promoting hand hygiene in both health-care settings and in the community.

The public may visit the CHP's Hand Hygiene Day 2019 webpage ([www.chp.gov.hk/en/features/101481.html](http://www.chp.gov.hk/en/features/101481.html)) for more information on hand hygiene.