

Wash your hands - it's easy



The campaign 'Wash your hands – it's easy' started in October 2017 at the University hospital Dortmund. In the picture: (f.l.t.r.): Prof. Dominik T. Schneider, University hospital Dortmund, Pascal; Silke Mader, EFCNI; Lennart; Neven Subotic, Neven Subotic Foundation

Imprint

EFCNI european foundation for
the care of newborn infants

Hofmannstrasse 7a phone: +49 (0) 89 89 0 83 26-0 info@efcni.org
81379 Munich, fax: +49 (0) 89 89 0 83 26-10 www.efcni.org
Germany

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German public law | Tax reference number 143/235/22619,
certificate dated April 3, 2019



Westenhellweg 17 phone: +49 (0) 23 11 77 210 10
44137 Dortmund, wir@n2s.ngo www.nevensuboticstiftung.de
Germany

The Neven Subotic Foundation is a non-profit organisation under
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Wash your hands - it's easy

An initiative for better hand hygiene



a joint initiative by

EFCNI european foundation for
the care of newborn infants
www.efcni.org

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SUBOTIC
STIFTUNG**
www.nevensuboticstiftung.de

Germs don't stand a chance

A simple handshake can take its toll: up to 80 percent of all infectious diseases are transmitted via the hands.* At the same time, washing or disinfecting hands is one of the most effective and simple measures to ward off germs. In order to protect preterm and ill babies and other vulnerable patients from diseases and viruses like RSV (respiratory syncytial virus), parents and family members as well as other hospital visitors must be informed about adequate hand hygiene.

To raise awareness for proper hand hygiene amongst children, adolescents and adults both at home and in the hospital setting, we, the European Foundation for the Care of Newborn Infants (EFCNI) and the Neven Subotic Foundation, therefore launched the campaign: 'Wash your hands - it's easy'. The materials include a guide to proper handwashing for all age groups that is easy to understand and follow.

Feel free to download our complimentary posters and other educational material in German, English and Turkish to promote better hand hygiene at your institution (more languages will follow).

Sincerely,



Silke Mader

European Foundation
for the Care of Newborn
Infants



Neven Subotic

Neven Subotic
Foundation

*Source: Center for Disease Control and Prevention (CDC), 2014

Take action!

- You will find further details and materials about our initiative 'Wash your hands - it's easy' here: <https://www.efcni.org/wash-your-hands/>
- Print our free materials and put them up in common rooms or bathrooms – anywhere where they can be seen easily.
- In addition, provide the materials for patients, families and visitors to take home.
- Set up an event about hand hygiene and share our posters and other materials.



Wash your hands - it's easy



1 Rinse

Wet hands under running water.



2 Foam

Lather hands.



20-30 sec.

3 Scrub

Foam palms, between fingers, fingertips, and back of hand for 20-30 seconds thoroughly.



4 Wash

Rinse hands under running water.



5 Dry

Dry hands with disposable towel if possible.