



Royal National Orthopaedic Hospital



NHS Trust

# A Patient's Guide to Using Alcohol Hand Gel



## **What is alcohol hand gel?**

Alcohol hand gel is a clear gel that enables people to decontaminate their hands without using soap and water. It contains 70% ethyl alcohol and a moisturiser.

## **When should you use alcohol hand gel?**

It can be used to disinfect clean hands before you visit a friend or relative. Staff working at the hospital can use it to disinfect their hands prior to treating their patients.

## How is alcohol hand gel applied?

- Push the dispenser once to obtain a measured amount of gel
- Rub the gel onto both hands including between your fingers, thumbs and wrists
- Continue rubbing your hands together until the alcohol has evaporated; this normally takes approximately 15 – 20 seconds

## Additional information

- Alcohol hand gel is safe for children to use, however children must be supervised by an adult to ensure that they do not accidentally get it in their eyes or swallow it
- Alcohol hand gel is not absorbed through the skin making it safe for pregnant people to use

## Remember

- Alcohol hand gel will not remove dirt from your hands – you need to wash your hands with soap and water if they are dirty
- Use before and after patient contact
- It is okay to ask staff if they have cleaned their hands
- If the dispenser is empty please inform staff



If you have any comments about this leaflet, please contact the Clinical Governance Department on 020 8909 5439/5717.

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