RESPONDING TO THE COVID-19 PANDEMIC: Resources Compiled by NEST for Use in Hospital-Based Newborn Care

Last updated on 15 May, 2020

USE INSTRUCTIONS

Intended use of this guidance is to aid clinicians and hospital staff to manage COVID-19 response efforts in newborn care units in sub-Saharan Africa. The guidance material includes a combination of NEST-developed and compiled documents from various organizations and institutions. It also links to further information developed by national bodies. To view the complete document see the NEST360° COVID-19 Resources webpage.

DISCLAIMER: COVID-19 guidance continues to evolve rapidly. We intend to update the material as new resources become available and will work with others to bring together the best available information. As such, we include a qualifier of “Last Updated on [date]” as reference. We encourage use of this guidance alongside local operational policies developed by your institutions and organizations.

CONTENTS

BEST PRACTICES FOR HANDWASHING (WATER AND SANITIZER)
BEST PRACTICES FOR HANDWASHING:
Water or Sanitizer

Last updated on 15 May, 2020
Best Practice: Appendix 1 - How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Right palm over the back of the other hand with interlaced fingers and vice versa.
5. Palm to palm with fingers interlaced.
6. Backs of fingers to opposing palms with fingers interlocked.
7. Rotational rubbing of left thumb clasped in right palm and vice versa.
8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
9. Rinse hands with water.
10. Dry thoroughly with towel.
11. Use elbow to turn off tap.
12. Steps 3-8 should take at least 15 seconds.

...and your hands are safe*.

*Any skin complaints should be referred to local occupational health or GP.

Produced by: Health Protection Scotland, July 2018.
Duration of the process: 20-30 seconds.

1. Apply a palmful of the product in a cupped hand and cover all surfaces.

2. Rub hands palm to palm.

3. Right palm over the back of the other hand with interlaced fingers and vice versa.

4. Palm to palm with fingers interlaced.

5. Backs of fingers to opposing palms with fingers interlocked.

6. Rotational rubbing of left thumb clasped in right palm and vice versa.

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

8. ...once dry, your hands are safe.