



COVID-19 – GUIDANCE FOR THE PUBLIC FOR HAND HYGIENE AND USING GLOVES



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BACKGROUND

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person through large respiratory droplets and contact with contaminated surfaces . The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation of the current outbreak in Wuhan, China and spread to other countries.

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Frequent handwashing with soap and water or use of alcohol-based hand Sanitizer protect against many diseases and respiratory infections ex COVID-19, MERS CoV, Influenza, common cold.

Wearing gloves is preventing contamination of hands and helping to reduce transmission of pathogens. However, gloves do not provide complete protection against hand contamination and give false sense of security, especially because traces of the virus on a surface will stick to your gloves instead of your hands

Hand hygiene by washing or using hand sanitizers remains the basic practice to guarantee hand decontamination even when using gloves.

SCOPE OF THIS DOCUMENT

This document aims to provide guidance to the public for hand washing, using alcohol-based Hand Sanitizer and when and how to use gloves.

HANDWASHING

Handwashing remains the first way to protect yourself and your family from getting sick. It's quick, it's simple, and it can help prevent illness and keep us all from getting sick.

Regular handwashing, particularly before and after certain activities, is one of the best ways to prevent the spread of COVID-19. It involves simple and effective steps you can take to reduce the spread of infections.

WHEN TO WASH YOUR HANDS?

- **Before, during, and after** preparing food
- **Before and after** eating food
- **Before and after** caring for someone at home who is sick
- **Before and after** treating a cut or wound
- **After** using the toilet

- **After** [changing diapers or cleaning up a child who has used the toilet](#)
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **Before and after wearing gloves**

HOW TO WASH YOUR HANDS?

Duration of the entire process should take not less than 20 second.

Follow these steps to Wash Your Hands with the Right Way every time:

See appendix 1

WHEN TO USE HAND SANITIZER

Use Hand Sanitizer When You Can't Use Soap and Water

- Hand sanitizers may not be as effective when hands are visibly dirty or greasy
- Sanitizers can quickly reduce the number of germs on hands in many situations. However, Sanitizers do not get rid of all types of germs.
- If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol (looking at the product label).
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

HOW TO USE HAND SANITIZER

Duration of the entire process should take not less than 20 seconds

Follow these steps to sanitize Your Hands with the Right Way every time:

See appendix 2

WEARING/USING GLOVES

Wearing gloves does not replace hand hygiene. They are effective only when used in combination with frequent hand- washing soap and water or hand rub with alcohol-based hand sanitizer (before and after wearing gloves). However, once contaminated, gloves can become a means for spreading infectious materials to yourself, others or environmental surfaces

Gloves do not need to be worn by members of the general public during their daily activities, such as when grocery shopping.

WHEN TO USE GLOVES

Any Individuals without respiratory symptoms in a public area (e.g. schools, shopping malls, train stations) are **NOT required to wear gloves**.

- Gloves are required when they are used for protection against mechanical hazards, such as may occur when manipulating rough surfaces.
- Wear disposable gloves when performing housekeeping activities such as general cleaning and disinfecting of potentially contaminated areas, waste handling, etc.
- Wear disposable gloves for food handlers as deemed appropriate
- If you are a caregiver that is providing direct care for an asymptomatic person suspected of having COVID-19: Wear disposable gloves when handling stool, urine, or waste, when handling dirty laundry and when you wash dishes and utensils/tools.

key tips for using gloves

- If you wear a glove, then you must know how to use it and dispose of it properly. Dispose in lined container, secure the contents and dispose of them with another household waste.
- Remove and discard gloves after each use
- Change gloves if they become torn or heavily contaminated
- Gloves should never be washed and used again. Washing gloves does not necessarily make them safe for reuse; it can make the gloves more prone to tearing or leaking
- Avoid touch your face, nose, mouth and glasses, when you are wearing gloves.
- Avoid unnecessarily touching of the environmental surfaces. Limit touching the frequent touched surfaces such as light switches, door and cabinet knobs, elevator bottoms... etc., can become contaminated if touched by soiled gloves

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A GLOVE

How-to put-on gloves

- Clean hands with soap and water or alcohol-based hand sanitizer
- Wear the gloves and extend to cover wrist

How to take off gloves

Follow the steps to take off the gloves in right way

See appendix 3

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use

REFERENCES

- <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>
- https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1
- https://apps.who.int/iris/bitstream/handle/10665/331215/WHO-2019-nCov-IPCPE_use-2020.1-eng.pdf
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-person-with-covid-19-at-home-advice-for-caregivers.html>
- <https://www.cdc.gov/niosh/npptl/pdfs/UnderstandDifferenceInfographic-508.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
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- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.ecdc.europa.eu/en/novel-coronavirus-china>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

TO ADD

- [Appendix 1 How to wash your hands?](#)
- [Appendix 2 How to use hand sanitizer](#)
- [Appendix 3 How to take off gloves](#)

APPENDIX 1: HANDWASHING

HANDWASHING WITH SOAP AND WATER



1



Wet hands with water and apply enough soap

2



Rub hands palm to palm

3



Rub the palm of the right-hand against the back of your left-hand with fingers interlaced and vice versa

4



Rub hands palm to palm with fingers interlaced

5



Rub the back of your fingers against the palm of the other hand with fingers interlocked

6



Rub the left thumb in a rotational movement against the palm of the right-hand and vice versa

7



Rub the fingers of the right-hand in a rotational movement against the palm of the left-hand and vice versa

8



Rinse hands with water

9



Dry thoroughly with a single use towel

10



Use towel or your elbow to turn off the tap

PLEASE NOTE:

20

seconds

The duration for handwashing should be at least 20 seconds



Save water

For more info. on Coronavirus Disease 2019 (COVID-19) visit www.moph.gov.qa or call 16000



APPENDIX 2: HANDS SANITIZER

THE CORRECT WAY TO USE AN ALCOHOL-BASED HAND SANITIZER



1



Apply enough alcohol hand sanitizer to cover the palm

2



Rub hands palm to palm

3



Rub the palm of the right-hand against the back of your left-hand with fingers interlaced and vice versa

4



Rub hands palm to palm with fingers interlaced

5



Rub the back of your fingers against the palm of the other hand with fingers interlocked

6



Rub the left thumb in a rotational movement against the palm of the right-hand and vice versa

7



Rub the fingers of the right-hand in a rotational movement against the palm of the left-hand and vice versa

8



Leave your hands to dry

PLEASE NOTE:

Use alcohol-based hand sanitizer with at least 60 % alcohol

The ideal hand sanitization technique should last for at least 20 seconds

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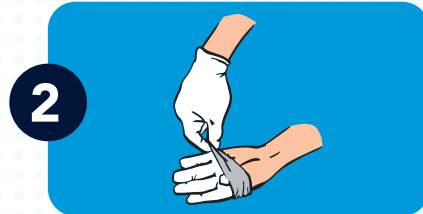
APPENDIX 3: TAKE OFF THE GLOVES

HOW TO TAKE OFF GLOVES



1

Grasp the outside of one glove at the wrist.
Do not touch your bare skin



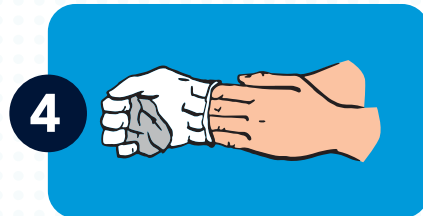
2

Peel the glove away from your body,
pulling it inside out



3

Hold the glove you just removed in your gloved hand



4

Peel off the second glove by putting
your fingers inside the glove at the
top of your wrist



5

Turn the second glove inside out while
pulling it away from your body, leaving
the first glove inside the second



6

Dispose of the gloves safely.
Do not reuse the gloves



7

Clean your hands immediately after
removing gloves with soap and water.
If not available, use alcohol-based
hand sanitizer

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