



World Hand Hygiene Day 2026

SAVE LIVES
Clean Your Hands

Action saves lives



ACTION SAVES LIVES

World Hand Hygiene Day

5 May 2026

Hand hygiene actions save lives and prevent the waste of resources.

WHY WASH HANDS?

- Hands are the main pathways of germ transmission.
- Thousands of people die every day around the world from infections acquired while receiving health care.
- People touch their face on average 23 times an hour, risking infection transmission to eyes, nose and mouth
- Appropriate hand hygiene prevents up to 50% of avoidable infections acquired during health care delivery, including those affecting the healthcare workers and AMR by up to 70%.
- Handwashing with soap can reduce diarrheal diseases by 23–40% and respiratory infections (like pneumonia) by 16–21%.
- Hand hygiene programs can generate economic savings on average 16 times the cost of implementation.
- *"Clean Hands: The Most Powerful Medicine in Our Hospital Hand hygiene isn't just a routine—it's a lifeline. Protect your patients, your colleagues, and yourself: Wash or sanitize at every '5 Moment' opportunity."*

HOW TO HAND WASH

1. **WET** hands with water
2. **SOAP** your hands
3. **RUB** all over your hands: Palm to palm, back of hands, interlaced fingers, back of fingers, thumb and fingertips for 30 seconds
4. **RINSE** hands under running water
5. **DRY** hands using paper towel

HOW TO HAND RUB

1. Apply one full pump of ABHR to your palm
2. Cover all surfaces of the hands
3. Perform rotational rubbing of fingertips in the palm of the other hand
4. Rotational rubbing of both thumbs
5. Rub hands until dry

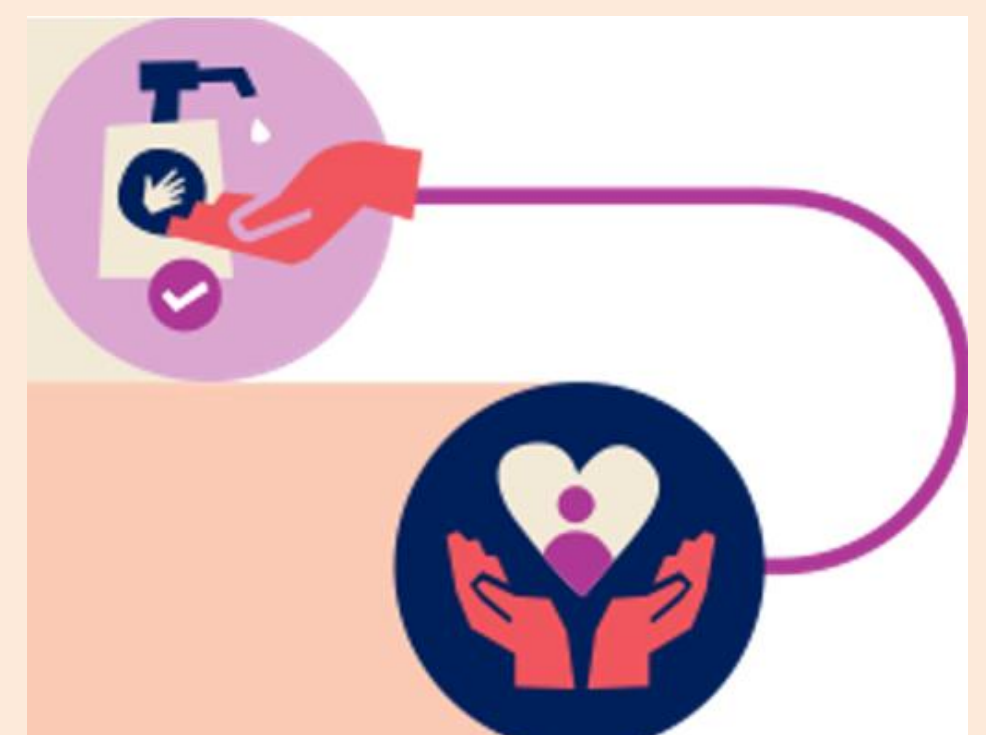
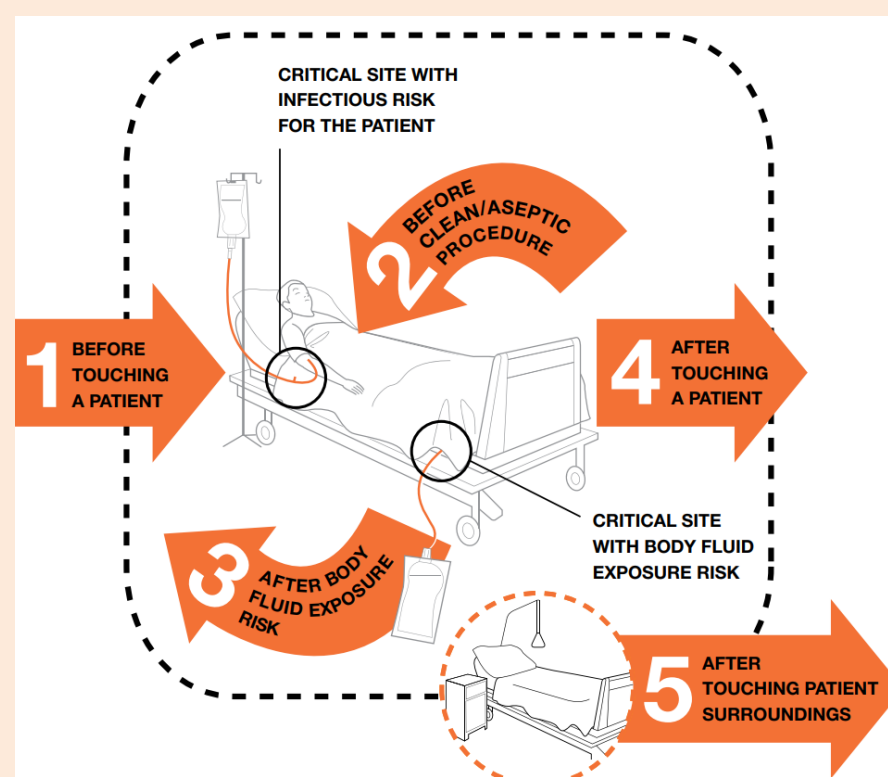
WHEN

BEFORE

- Entering or leaving a healthcare facility, clinic or personal environment (patient's room)
- Touching patient
- Handling medicines
- Preparing/eating food
- Touching your eyes, nose or mouth
- Donning gloves
- Handling an invasive device for patient care

AFTER

- Removing gloves
- Contact with body fluids or excretions, mucous membranes, non-intact skin, or wound dressings
- Contact with inanimate surfaces and objects
- Blowing your nose, coughing or sneezing
- Going to the toilet
- Assisting another person with toileting/personal hygiene



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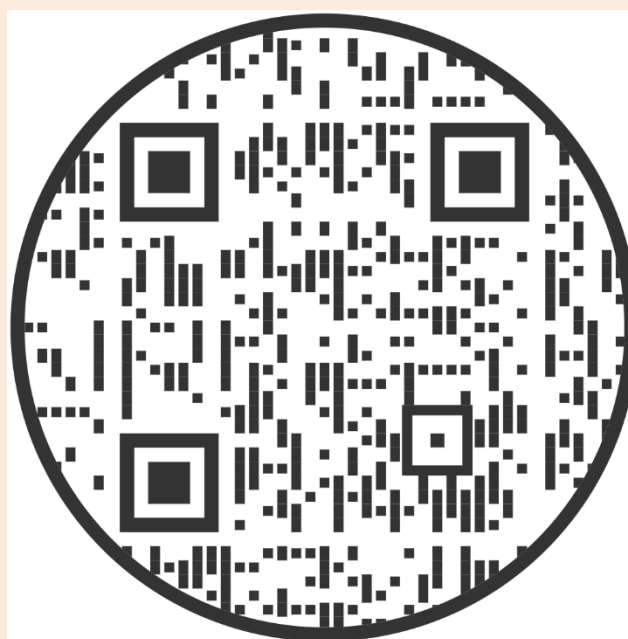


World Hand Hygiene Day, 2026

Campaign sessions

- ✓ **Location: Online -Virtual sessions through ECHO platform**
- ✓ **Time: 4:00 -5:00 CAT (Central Africa Time)**
- ✓ **CPD**

Day /Date	Topics	Speaker
Monday May 4, 2026	Introduction: Hand Hygiene: Action saves lives <ul style="list-style-type: none"> • What, Why, When, How and Who https://i.iecho.org/ECHOIN/INV1777454845697HOA5IE6SZF	Dr. Marie Claire Ndayisaba (CHUK)
Tuesday May 5, 2026	The Invisible Thread linking Hand Hygiene to Prevent HAIs and Combat AMR <ul style="list-style-type: none"> • Making the scientific and economic case for Hand Hygiene https://i.iecho.org/ECHOIN/INV177745521413929704TKKOX	Prof. Chedly Azzouz (ICAN)
Wednesday May 6, 2026	Strategic Design & Scaling <ul style="list-style-type: none"> • Designing/implementing Hand hygiene program by adapting the WHO Multimodal Strategy to healthcare facilities https://i.iecho.org/ECHOIN/INV1777455474852YQCUZJ19Y8	Dr. TRAN NGOC, Candide (WHO)
Thursday May 7, 2026	Data as a driver for hand hygiene improvement in the Low- and Middle-Income Country <ul style="list-style-type: none"> • Innovations in Low-Resource IPC, Monitoring, Evaluation, and the Feedback Loop https://i.iecho.org/ECHOIN/INV17774556364896UVVRPJDH2	Nkwan Jacob Gobte (ICAN)
Friday May 8, 2026	The Psychology of Change (systems & accountability) <ul style="list-style-type: none"> • Defining the line of responsibility from the bedside to the boardroom to address “why we forget to wash hands”. https://i.iecho.org/ECHOIN/INV17774560099389PS52XUI5C	Dr Jean Jacques IRAKIZA (IPCRO)



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SPEAKERS



Prof. Chedly Azzouz

Infection Control Africa Network (ICAN)
ICAN Chairperson



Mr Nkwan Jacob Gobte

Infection Control Africa Network (ICAN)
FIPC Programme Co-ordinator &
Hub Manager



Dr. Marie Claire NDAYISABA

University Teaching Hospital of Kigali
IPC Committee member



Dr. Candide Tran Ngoc

World Health Organization (WHO)
Rwanda
Health System Strengthening Officer



Dr. IRAKIZA Jean Jacques

Infection Prevention and Control
Rwanda Organization
IPCRO Chairperson

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