



Basic hygiene routines – summary

- We always wash our hands and lower arms with soap and warm water. We do this both before and after contact with the client.
- We use hand sanitiser before and after healthcare and nursing activities in the client's home.
- Our hands must be free of jewellery/watches, our nails must be cut short and free from nail varnish/artificial nails.
- If you have long hair or a long beard, you must tie it up so that it does not hang or fall down.
- If you wear a headscarf, it must be fastened to ensure that it does not come loose. Hanging parts of the scarf must be tucked into your shirt. The scarf must be changed daily.
- We use short-sleeved working clothes for intimate care. We change our working clothes daily and wash them at 60 degrees.
- We wear gloves when we come into contact with blood and bodily fluids. The gloves are discarded after each use.
- We use a plastic apron when there is a risk of contaminating our working clothes. The plastic apron is discarded after each use.