

COVID-19 TOOLBOX

MEDBOX.ORG

Issue Brief

The MEDBOX team has started a new feature publishing issue briefs on different topics around COVID-19. We would be pleased to receive feedback on this issue brief or topics you would like to see covered in future issues. Registered MEDBOX users can see the latest documents in the 'My News' section by selecting their personal preferences under 'My Profile'.

Hand hygiene and COVID-19

The [World Hand Hygiene Day on 5 May](#) highlights the role of hand hygiene in context of COVID-19. Hand hygiene is one of the most effective actions to reduce the spread of pathogens and prevent infections, including the COVID-19 virus. The MEDBOX team has therefore compiled a small collection of important resources on this topic available in the MEDBOX and COVID-19 Toolbox.

The main route of transmission of the Sars-CoV-2 virus are small respiratory droplets. Therefore, thoroughly cleaning of hands with either alcohol-based hand rub or soap and water is one of the corner stones of basic protective measures against COVID-19 for everyone. A particular focus of this Issue Brief are documents for the health care sector, but also multilingual material for the public. More information on Hand Hygiene can be found in the '[Hand hygiene](#)' category in the COVID-19 Toolbox or under the main section Key Resources → WASH → [Hand Hygiene](#) of MEDBOX.

It should be noted that hand hygiene is only one of several measures to reduce the transmission of COVID-19. More information on other preventive measures, such as social distancing or wearing masks, can be found in the category [Prevention and Preparedness](#) of the [COVID-19 TOOLBOX](#).

MEDBOX created the COVID-19 Toolbox (www.covid19box.org), a collection of up-to-date resources of high quality on COVID-19. It collates guidelines, IEC material including videos and online courses, action plans and much more on one website. It also includes a link to other useful [resource platforms](#) with trustful information.

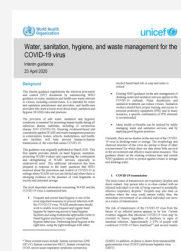
Useful resources in MEDBOX

Hand hygiene in health care setting Guidelines

Water, sanitation, hygiene and waste management for the COVID-19 virus
World Health Organization

This Technical Brief supplements existing IPC documents by referring to and summarizing WHO guidance on water, sanitation and health care waste which is relevant for viruses (including coronaviruses). This Technical Brief is written in particular for water and sanitation practitioners and providers.

<https://www.medbox.org/document/water-sanitation-hygiene-and-waste-management-for-the-covid-19-virus>



WHO Guidelines on Hand Hygiene in Health Care

World Health Organization

The WHO guidelines on hand hygiene in health care provide health-care workers (HCWs), hospital administrators and health authorities with a thorough review of evidence on hand hygiene in health care and specific recommendations to improve practices and reduce transmission of pathogenic microorganisms to patients and HCWs.

<https://www.medbox.org/document/who-guidelines-on-hand-hygiene-in-health-care>



Hand hygiene: Why, How and When?

Hand Hygiene: Why, How and When?

World Health Organization

A summary for health care workers on why, how and when to disinfect your hands including an introduction to the aid decision making pyramid for glove wearing.

<https://www.medbox.org/document/hand-hygiene-why-how-and-when>



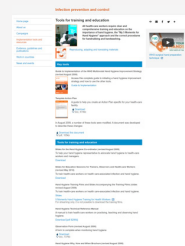
Training

Tools for training and education of hand hygiene

World Health Organization

This page collates tools for training and education on the WHO "My 5 moments of hand hygiene" approach, including action plans, slides for presenters and much more.

<https://www.medbox.org/document/tools-for-training-and-education-of-hand-hygiene>

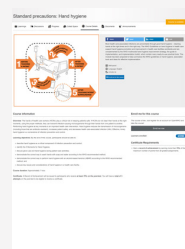


Standard precautions: Hand hygiene. (Online Course)

Open WHO

This module has been prepared to help summarize the WHO guidelines on hand hygiene, associated tools and ideas for effective implementation.

<https://www.medbox.org/document/standard-precautions-hand-hygiene>



Hand hygiene for everyone

Hand rub solution

Guide to Local Production: WHO-recommended Handrub Formulations

World Health Organization

Guidance to prepare hand rub solutions in local settings.

<https://www.medbox.org/document/guide-to-local-production-who-recommended-handrub-formulations>



Posters & Videos

WHO Save Lives: Clean your hands in the context of COVID-19
World Health Organization

This document promotes the WHO global hand hygiene campaign SAVE LIVES: Clean Your Hands in the context of other hand hygiene initiatives launched by WHO for COVID-19, and provides rapid technical guidance.

<https://www.medbox.org/document/who-save-lives-clean-your-hands-in-the-context-of-covid-19>



Dear guest and staff, hand hygiene can save your life and the lives of your friends and family
African Union CDC

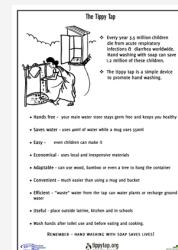
<https://www.medbox.org/document/dear-guest-and-staff-hand-hygiene-can-save-your-life-and-the-lives-of-your-friends-and-family>



The Tippy Tap
Tippy Tap; Watershed Management Group; Grampari

The poster is available in different languages, you can download them from the [Tippy Tap](#). These posters are great for tippy taps that are built in public areas like schools or village meeting areas. They list the benefits of the tippy tap as well as highlight a country or region specific hand washing statistic.

<https://www.medbox.org/document/the-tippy-tap>



How to build a Tippy Tap. Manual
Tippy Tap; Watershed Management Group; Grampari

Want to build a tippy tap? Want to teach someone else how to? This is a graphical manual that works for both literate and illiterate populations. More languages to download [here](#).

<https://www.medbox.org/document/how-to-build-a-tippy-tap>



Making hand washing solution
Ministry of Health and Sanitation Sierra Leone

<https://www.medbox.org/document/making-hand-washing-solution>



How to make chlorine solution from 3.5% liquid bleach
Centers for Disease Control and Prevention CDC

<https://www.medbox.org/document/how-to-make-chlorine-solutions-from-35-liquid-bleach>



Making cleaning solution from 2.6 liquid bleach
Centers for Disease Control and Prevention CDC

<https://www.medbox.org/document/making-cleaning-solution-from-26-liquid-bleach>



Videos

Video on COVID-19: How to wash your hands?

European Centre for Disease Prevention and Control ECDC

<https://www.medbox.org/document/video-on-covid-19-how-to-wash-your-hands>



How to Wash Your Hands

Scientific Animations without Borders SWABO

This 2-D animation describes the importance of hand washing. Available in different languages mostly for the African continent.

<https://www.medbox.org/document/how-to-wash-your-hands>



Hand washing with the tippy tap

World Health Organization

The tippy tap is one simple and safe way to wash your hands that is especially designed for areas with no running water.

<https://www.medbox.org/document/hand-washing-with-the-tippy-tap>



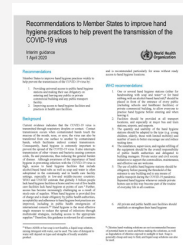
Further reading

Recommendations to Member States to improve hand hygiene practices to help prevent the transmission of the COVID-19 virus

World Health Organization

WHO recommends member states provide universal access to public hand hygiene stations and making their use obligatory on entering and leaving any public or private commercial building and any public transport facility. It is also recommended that health-care facilities improve access to and practice of hand hygiene.

<https://www.medbox.org/document/recommendations-to-member-states-to-improve-hand-hygiene-practices-to-help-prevent-the-transmission-of-the-covid-19-virus>

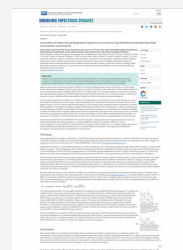


Inactivation of severe acute respiratory syndrome coronavirus 2 by WHO-recommended hand rub formulations and alcohols

Kratzel A, Todt D, V'kovski P, Steiner S, Gultrom M, Thao TTN, et al.

Infection control instructions call for use of alcohol-based hand rub solutions to inactivate SARS-CoV-2. We determined the virucidal activity of WHO-recommended hand rub formulations, at full strength and multiple dilutions, and of the active ingredients. All disinfectants demonstrated efficient virus inactivation.

<https://www.medbox.org/document/inactivation-of-severe-acute-respiratory-syndrome-coronavirus-2-by-who-recommended-hand-rub-formulations-and-alcohols>



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