

## Beat the bugs – myth buster

This myth buster can be used as an educational tool to raise staff awareness to reduce the risk of healthcare associated infection.

Common myth		True/False
1.	Alcohol handrub kills all micro-organisms	<b>False:</b> Alcohol handrub is <b>not</b> effective against <i>Clostridioides difficile</i> and only partially effective against Norovirus
2.	Wearing gloves replaces handwashing	<b>False:</b> Gloves are not a substitute for handwashing. Hands should be washed prior to the use of and following the removal of gloves
3.	A nail brush should always be used for effective hand hygiene	<b>False:</b> Nail brushes are unnecessary for routine handwashing; they damage the skin and can harbour bacteria. If a nailbrush is required, it should be disposed of after one single use
4.	There is no way of reducing the spread of infection	<b>False:</b> Hand hygiene is proven to reduce the incidence of healthcare associated infections and is the single most important method of preventing and controlling the spread of infection
5.	Most infections are spread through the air	<b>False:</b> 80% of infections are transmitted by touch
6.	Cold weather kills bugs	<b>False:</b> Many micro-organisms, including Norovirus and <i>Clostridioides difficile</i> , can survive cold temperatures.
7.	Healthcare workers are highly skilled when it comes to hand hygiene	<b>False:</b> Failure of healthcare workers to perform adequate hand hygiene is considered the leading cause of healthcare associated infections
8.	You do not need to wash your hands unless they are visibly dirty	<b>False:</b> Micro-organisms are invisible to the human eye. Because hands look clean, it doesn't mean that they are!
9.	Healthcare associated infections are treated easily and pose little risk to residents	<b>False:</b> Healthcare associated infections can cause serious and life threatening illness. They have an annual cost to the NHS of approximately £1 billion
10.	You don't need to perform hand hygiene between different activities on the same resident as its their own bacteria	<b>False:</b> Healthcare workers should always perform hand hygiene after each activity on the same resident
<p>If you require advice for any infection prevention and control issue, please contact the Community Infection Prevention and Control Team on 01423 557340.</p>		