



**Partner Pack:**

# **World Hand Hygiene Day 5<sup>th</sup> May 2026**

- World Hand Hygiene Day (WHHD) 5<sup>th</sup> May
- Key Messages
- Social Media Content
- Videos and Images
- RESIST Hand Hygiene Resources
- Hand Hygiene Training

**#HandHygiene**

**Antimicrobial Resistance and Infection Control  
(AMRIC)**

# World Hand Hygiene Day 2026

## Clean hands save lives and help stop the spread of many infections

May 5th is designated World Hand Hygiene Day (WHHD). This annual [WHO](#) event is an opportunity to shine a light on one of the most important, simple and cost effective actions that we can take to protect our health and the health of our patients, service users, colleagues and families.

Evidence tells us that good hand hygiene reduces the prevalence of healthcare associated infections and the spread of antimicrobial resistance. Hands pick up germs (bacteria and viruses), and even though they may appear clean, the germs are there. By cleaning our hands properly we can easily remove these germs and help stop the spread of many common infections including flu, colds, norovirus, COVID-19 etc. as well as more serious 'superbugs' e.g. Methicillin-resistant *Staphylococcus aureus* (MRSA) and *Clostridium difficile* (*C. diff*).

Hand hygiene is relevant to everybody; not just healthcare staff. In our day to day interactions at work, at home, at school and when we are out and about in the community we all have a role to play in helping to prevent the spread of infection. Good hand hygiene can easily remove germs and help protect everyone's health, particularly if we interact with those who are more susceptible to infection such as young children and older people or those who may already be unwell or have a compromised immune system.

Go to [hse.ie/handhygiene](https://hse.ie/handhygiene) for further information.

## How you can support World Hand Hygiene Day

### Partners

You can help by highlighting the importance of good hand hygiene to your partners, members, colleagues, staff and visitors through your own communication and social media channels.

The information in this pack can be used for your own purposes and refers you to the range of RESIST hand hygiene resources that are available to download or order on

[healthpromotion.ie](https://healthpromotion.ie)

## Key messages to share:

It is useful to share consistent messages, and AMRIC have created some videos, images and social media posts that encapsulate some key points:

- Effective hand hygiene is the easiest and most effective way to help reduce the spread of many common infections including colds, flu, norovirus as well more serious 'superbugs' such as MRSA and *C.difficile* (*C diff*).
- Hand hygiene is relevant to everybody; not just healthcare staff. In our day to day interactions at work, at home, at school and when we are out and about in the community, we all have a role in helping to prevent the spread of infection.
- To support staff understand the importance of good hand hygiene, online hand hygiene training is available on the AMRIC hub of HSElanD. This hand hygiene training is mandatory for all staff, not just those working in patient care, in the HSE and in HSE funded services. Please encourage and support staff and colleagues to undertake this training.

## Social media

HSE social media channels will promote World Hand Hygiene Day: [HSE Facebook](#) [HSE Instagram](#) [HSE TikTok](#) [HSE YouTube](#) [HSE BlueSky](#) [HSE Threads](#)

We welcome your support in promoting our social media content by posting, sharing or engaging with our posts as well as posting your own hand hygiene content.

## Social media graphics



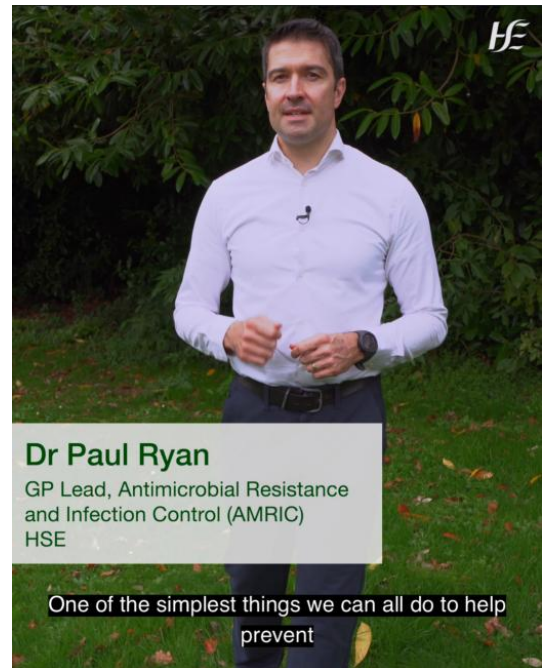
## Social Media Content – please use / share

<p>Today is #WorldHandHygieneDay. Cleaning your hands is the easiest and most effective way to help prevent infections such as flu, norovirus, colds and COVID-19.</p>	<p><a href="https://www.youtube.com/shorts/Xx1gyT41P9o">https://www.youtube.com/shorts/Xx1gyT41P9o</a></p>
<p>Human hands can carry millions of bacteria – most are good, some are harmful.</p> <p>Are you cleaning your hands correctly? Cleaning your hands is the easiest way to help prevent the spread of infections such as colds, flu, norovirus and COVID-19. #HandHygiene</p>	<p><a href="https://www.youtube.com/watch?v=ncYViDKWf_M">https://www.youtube.com/watch?v=ncYViDKWf_M</a></p>
<p>Cleaning your hands properly is one of the most effective ways to stop the spread of infection. The most important times to clean your hands are:</p> <ul style="list-style-type: none"> <li>👏 When you get home after meeting lots of people or using public transport</li> <li>👏 Before and after preparing food</li> <li>👏 After using the toilet</li> <li>👏 After being in contact with someone who is sick</li> <li>👏 After changing a nappy</li> </ul> <p>#HandHygiene</p>	<p><a href="https://www.youtube.com/shorts/e6k9LEljhPc">https://www.youtube.com/shorts/e6k9LEljhPc</a></p>
<p>Did you know? Cleaning your hands is one of the best ways to help prevent picking up infections. You can use soap and water or alcohol-based hand sanitiser. #HandHygiene</p>	<p><a href="https://www.youtube.com/shorts/Jlg70JQRT8M">https://www.youtube.com/shorts/Jlg70JQRT8M</a></p>
<p>Surfaces that look clean can be home to billions of bacteria - cleaning your hands is the best way to help prevent infection spreading. #HandHygiene</p>	<p><a href="https://www.youtube.com/shorts/Xx1gyT41P9o">https://www.youtube.com/shorts/Xx1gyT41P9o</a></p>
<p>Cleaning your hands regularly is your single best defence against common illnesses including:</p> <ul style="list-style-type: none"> <li>➔ colds and flu</li> <li>➔ tummy bugs that cause diarrhoea, such as norovirus</li> <li>➔ eye infections such as conjunctivitis</li> <li>➔ COVID-19</li> <li>➔ superbugs such as MRSA and VRE</li> </ul>	<p><a href="https://www.hse.ie/handhygiene">hse.ie/handhygiene</a></p>
<p>On Tuesday, May 5<sup>th</sup>, join us in marking #WorldHandHygieneDay. Clean hands means reducing the risk of infection and being mindful of our own health, our patients, colleagues and families.</p>	<p><a href="https://www.who.int/campaigns/world-hand-hygiene-day/2025">https://www.who.int/campaigns/world-hand-hygiene-day/2025</a></p>
<p>How clean are your hands? Take a look at our hand hygiene video to find out. #HandHygiene</p>	<p><a href="https://www.hse.ie/handhygiene">hse.ie/handhygiene</a></p>

Please tag HSE social media accounts in your post.

HSE social media accounts: [HSE Facebook](#) [HSE Instagram](#) [HSE TikTok](#) [HSE YouTube](#) [HSE BlueSky](#) [HSE Threads](#)

# Campaign videos



<https://youtube.com/shorts/uhmR6nyNMzU>



<https://youtu.be/m5vyMbQ1vEA>



<https://www.youtube.com/shorts/Jlg70JQRT8M>



<https://www.youtube.com/shorts/e6k9LEljhPc>

# RESIST hand hygiene materials

These materials are part of the AMRIC's RESIST programme (a behaviour change programme to promote good IPC practice) that continues to be rolled out across our health services. AMRIC and hygiene posters and leaflets are available for any service to order on [healthpromotion.ie](http://healthpromotion.ie)

## Posters

**Protect yourself and others from getting sick**

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



**RESIST** [www.hse.ie/handhygiene](http://www.hse.ie/handhygiene)



**REMEMBER HAND HYGIENE. ARE YOU READY? Before sanitising your hands when you are providing care...**

- Remove nail polish**  
It can harbour micro-organisms
- Remove rings**  
They may have grooves and harbour micro-organisms. One plain gold band is acceptable
- Do not wear artificial nails**  
They have been linked to fungal infections
- Remove wrist jewellery**  
Remove all wrist jewellery including watches, temporary bracelets and bands
- Keep nails short**  
They are easier to clean and less likely to break. Tips less than 0.5cm
- Pay attention to washing under the nails**  
The majority of micro-organisms are found here
- Wash under your rings**  
Guidance permits a simple plain band
- Do not use nailbrushes**  
They can spread microbes and tend to accumulate a potential site for infection
- Bare below the elbow**  
This exposes the forearm to hand washing and reduces sleeve cuffs becoming a potential site for infection



**RESIST**



**Join the Superbug resistance**

By cleaning your hands one more time, you can stop Superbugs winning.



**RESIST**



**Clean hands save lives**

Frequent hand cleaning prevents the spread of the Superbugs which threaten us all.

**You can stop Superbugs winning. JOIN THE SUPERBUG RESISTANCE.**



**RESIST**



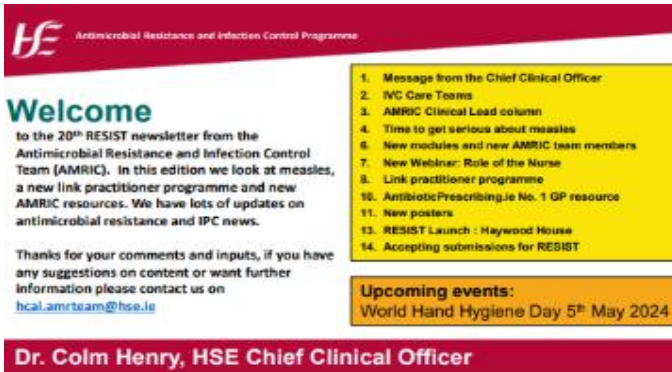
# RESIST hand hygiene materials continued...

## RESIST newsletter

The RESIST newsletter is published quarterly by AMRIC with news and updates on IPC and AMR activities. We always welcome submissions from staff.

Please send your photos / updates of your World Hand Hygiene Day events to: [hcai.amrteam@hse.ie](mailto:hcai.amrteam@hse.ie)

## Posters



## Washable wall vinyls

# Clean hands save lives



# AMRIC's hand hygiene training for all staff on HSELand

Hand hygiene training is mandatory for all HSE staff and staff in HSE funded services.

Hand hygiene is one of the most effective ways to stop the spread of infection and a range of training, guidance and resources are provided to staff to ensure good hand hygiene practice throughout our services.



AMRIC's hand hygiene training is included on the HSE's list of statutory and mandatory training for **all** HSE staff (clinical and non clinical) as well as staff in HSE funded services. Hand hygiene is a long standing key component of HSE infection, prevention and control (IPC) guidelines; this mandatory training further standardises, strengthens and embeds a culture of good hand hygiene practice and an awareness of its importance across all staff disciplines.

*On completion of the course, staff will know:*

- Why hand hygiene is important
- When to practice hand hygiene
- How to perform hand hygiene (in line with the WHO 5 Moments)
- How to take care of your hands.

The training is available [here](#):

## HSE Campaign Contacts

***If you have any queries please do not hesitate to contact us:***

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AMRIC team contact [Hcai.Amrteam@hse.ie](mailto:Hcai.Amrteam@hse.ie)