

Preventing infection (hand hygiene & protecting others)

Good hand hygiene is one of the simplest and most effective ways to stop infections spreading. Find practical advice here on washing your hands, covering coughs and sneezes, and the everyday steps that help protect you and those around you.

Who is this page for?

Public - a short summary of practical hygiene measures that can help prevent infections spreading and signposting to NIDirect website which has more detailed information

About hand hygiene and protecting others

Good hand hygiene and respiratory hygiene are some of the simplest and most effective ways to prevent infections from spreading. Whether at home, work, school or in healthcare settings, small actions such as washing your hands regularly, covering coughs and sneezes, and staying at home when unwell can help protect you, your family and your community from infection.

For practical advice on handwashing, respiratory hygiene and preventing the spread of infections, visit the NI Direct website for trusted information and guidance.

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Resources

- [Washing your hands | nidirect](#)
- [Reducing the spread of respiratory infections | nidirect](#)
- [World Hand Hygiene Day – clean hands save lives | HSC Public Health Agency](#)
- [Hand hygiene information for patients and visitors - including accessible formats | HSC Public Health Agency](#)
- [Hand cleaning technique | HSC Public Health Agency](#)

For HSC professionals

- [NI Infection Control Manual](#)
- [Hand hygiene: a guide for all healthcare staff | HSC Public Health Agency](#)