

DIRTY HANDS MAY TRANSMIT SUPERBUGS¹

TAKE CHARGE OF YOUR HAND HYGIENE

**Why are we called the
superbugs?**

Because we no longer respond to antibiotics (known as antimicrobial resistance), making the infection that we cause becomes more difficult or impossible to treat²



CAN YOU FIGHT THE SUPERBUGS?

Yes, you can! Take charge and practice these proper **hand-wash** techniques³

Duration of the entire procedure: 40–60 seconds

**Wash hands when visibly soiled!
otherwise, use handrub**

0



Wet hands with water;

1



Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



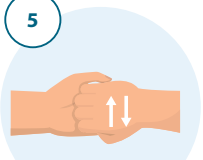
Right palm over left dorsum with interfaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Rinse hands with water;

9



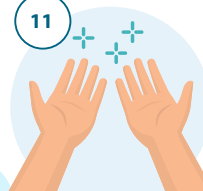
Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

Washing your hands can eliminate up to 92% of superbugs.⁴ Be your own superhero in fighting the superbugs! #superheroagainstsuperbugs

CAN YOU FIGHT THE SUPERBUGS?

Yes, you can! Take charge and practice these proper **hand-rub** techniques⁵



Rub hands for hand hygiene! wash hands when visibly soiled

Duration of the entire procedure: 20–30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces

1b



2



Rub hands palm to palm

3



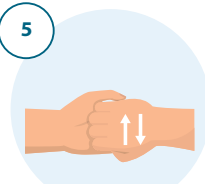
Right palm over left dorsum with interfaced fingers and vice versa;

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Palm to palm with fingers interlaced;

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Backs of fingers to opposing palms with fingers interlocked;

6



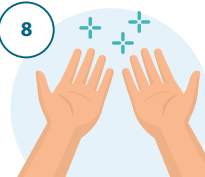
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

THE PFIZER BUG BUS IS AN INITIATIVE TO RAISE AWARENESS ABOUT ANTIMICROBIAL RESISTANCE (AMR), AND TO HELP #STOPSUPERBUGS



WHAT DOES THE PFIZER BUG BUS WEBSITE OFFER?

- Meet the superbugs – learn more about common superbugs and ways to help fight them
- Learn about prevention measures against AMR
- Understand the importance of antimicrobial stewardship to reduce the spread of AMR
- Battle the superbugs by testing your knowledge via our interactive quiz!

References: 1. Chander V. Poor hand hygiene may be biggest transmitter of superbug E. coli. Available at: <https://www.reuters.com/article/us-health-infections-hygiene-idUSKBN1XW282>. Accessed 9 February 2022. 2. World Health Organization (WHO). Antimicrobial resistance. Available at: <https://www.who.int/news-room/fact-sheets/detail/antimicrobial-resistance>. Accessed 9 February 2022. 3. WHO. How to handwash? Available at: [https://cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/how-to-handwash-poster.pdf?sfvrsn=8ab2120_5](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/how-to-handwash-poster.pdf?sfvrsn=8ab2120_5). Accessed 9 February 2022. 4. Burton M, et al. *Int J Environ Res Public Health* 2011;8:97–104. 5. WHO. How to handrub? Available at: [https://cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/how-to-handrub-poster.pdf?sfvrsn=f5e8bf1_6](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/how-to-handrub-poster.pdf?sfvrsn=f5e8bf1_6). Accessed 9 February 2022.

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