

# Hand Hygiene

*Guide for Residents, Families & Visitors*



## Importance of Hand Hygiene

Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses.

Good hand hygiene can reduce the risk of flu, food poisoning and healthcare associated infections that are passed from person to person.

### Practicing proper hand hygiene:

- Reduces the number of people who get sick with diarrhea.
- Reduces diarrheal illness in people with weakened immune systems.
- Reduces respiratory illnesses, like colds, in the general population.



## Wash / Sanitize Hands When

- ✓ Preparing or eating food
- ✓ Helping someone who is ill
- ✓ Treating a cut or wound
- ✓ Handling a pet / animal
- ✓ Handling a toilet seat (personal or public)
- ✓ Handling dirty laundry
- ✓ Handling paper or coin money
- ✓ Disposing of garbage
- ✓ Rubbing eyes
- ✓ Blowing nose, coughing or sneezing
- ✓ Checking mail or touching mailbox
- ✓ Touching grocery carts
- ✓ Touching vending machines

**For questions or more information about hand hygiene, please speak to a member of the Care Team.**

## How to Wash Hands

To effectively reduce the growth of germs, follow these steps for 20-30 seconds.

Before washing hands remove all jewellery including watches and roll-up sleeves.

After washing hands apply hand lotion to prevent dry or cracked skin.

### Optimal nail care tips:

- keep nails short and maintained
- repair chips when wearing varnish
- avoid artificial nails



1 Remove jewellery and wet hands and wrists



2 Use 1-2 squirts of liquid or foam soap



3 Lather soap, scrub hands palm to palm



4 Scrub between and around fingers



5 Scrub back of hands with opposite palm



6 Scrub fingertips with opposite palm



7 Scrub thumbs clasped in opposite hand



8 Scrub wrists clasped in opposite hand



9 Rinse thoroughly under running water



10 Pat hands dry and turn off tap using towel

## How to Use Hand Sanitizer

When hand washing isn't available, alcohol based (70%) hand rub can be performed.

Follow these steps for 20-30 seconds.



1 Apply 1-2 pumps of sanitizer



2 Rub hands together palm to palm



3 Rub between and around fingers



4 Rub back of hands with opposite palm



5 Rub fingertips with opposite palm



6 Rub thumbs clasped in opposite hand



7 Rub wrists clasped in opposite hand



8 Rub hands until dry, do not use towel

**Remember:** clean the bottom of purses and bags, which come in contact with floors and dirty surfaces.