

# Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Public Health Ontario. *Best Practices for Hand Hygiene in All Health Care Settings* <https://www.publichealthontario.ca/en/eRepository/2010-12%20BP%20Hand%20Hygiene.pdf>

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# Hand Hygiene



Patient/Visitor  
Information  
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## Did You Know?

**Germs** can be found almost anywhere and can live for long periods of time on surfaces like tables, door knobs, and shopping cart handles.

Hands spread an estimated **80%** of infectious diseases like the common cold or the flu.

**Hand Hygiene** is the action of removing or killing germs on the hands. There are two ways to do this:

1. Wash your hands with soap and water;

**OR**

2. Clean your hands using alcohol-based hand rub (ABHR).

***Proper hand hygiene is the single most effective way to prevent the spread of germs and reduce your chance of becoming ill.***

## When to Perform Hand Hygiene

### **BEFORE:**

- Eating, drinking or touching food.
- Visiting someone who is sick.
- Before you care for or have contact with someone who is very sick, very young, or elderly.

### **AFTER:**

- Blowing your nose, coughing or sneezing.
- Using the bathroom or handling garbage.
- Visiting someone who is sick.
- Coming in contact with any body fluids like blood, urine or vomit.



***Don't be afraid to ask your health care provider if they washed their hands before they care for you.***

## Alcohol-Based Hand Rub (ABHR)

### **What is ABHR?**

ABHR is the preferred method for cleaning your hands in the health care setting. It comes in liquid, foam or gels and doesn't require water.

### **When should I use ABHR?**

For routine cleaning of your hands when they are not visibly dirty.

### **Where can I find ABHR in the hospital?**

ABHR can be found at all entrances to the hospital, outside most patient rooms, and in each patient room fixed to the wall.

### **How do I use ABHR?**

Step 1: Apply 1 full pump (quarter size) of ABHR onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.