

Correct Hand washing

Step 1: Turn tap on.

Step 2: Wet hands

Step 3: Put soap on hands

Step 4: Lather hands - remembering to scrub backs of hands, between fingers, palms and fingernails.

Step 5: Rinse hands

Step 6: Towel dry

Step 7: Turn taps off with towel and through towel in garbage.



2.4.11 Hand Hygiene

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. *Hand Hygiene for Healthcare Settings* Retrieved March 8, 2014 from: http://www.publichealthontario.ca/en/eRepository/PIDAC_Hand_Hygiene_Fact_Sheet_2013.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 a long time on hard surfaces like door knobs, table and shopping cart handles.

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

Hand Hygiene refers to removing or killing germs on the hands. There are 2 ways to do this:

1. Wash your hands with soap and water;

OR

2. Use 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.

While your health care providers have a professional responsibility to perform hand hygiene it is important that everyone make hand hygiene a personal priority.

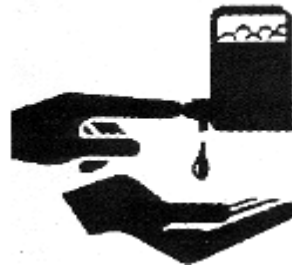
When to Perform Hand Hygiene

BEFORE:

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

AFTER:

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



Alcohol Based Hand Rub (ABHR)

What are they?

Alcohol-based hand rubs are the preferred method for decontaminating hands in the health care setting. These can be liquid, foam or gel and there is no need for water when used.

When do I use ABHR?

For routine cleaning of hands anytime they are not visibly dirty.

Where can I find ABHR in the hospital?

ABHR can be found at all entrances to the hospital, outside of most patient rooms and in each patient room. These are usually in holders on the wall or at the patient bedside.

How do I use ABHR?

Step 1: Apply a quarter size amount of hand sanitizer to your hands

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

Step 3: Continue rubbing until hands are dry; this should take 15—30 seconds.