



# Hand Hygiene

## It's a fact:

- Preventing the spread of illness is joint effort among staff, volunteers, residents, friends and family.
- Washing hands is the most important and effective way to prevent spread of infection.
- Handwashing is one of the best ways to protect the residents, yourself and your family from getting sick.
- Wash your hand with soap and water

## When to wash your hands.....

- Before and after visiting a resident
- Before and after eating food
- Before and after caring for resident or family who is sick with vomiting or diarrhea
- Before handling clean linen
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching garbage

**If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol to clean your hands.**



### Cleaning your hand with soap and water...

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at least 20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

### Use Hand Sanitizer When You Can't Use Soap and Water....

#### Cleaning with Hand Sanitizer...

1. **Apply** the gel product to the palm of one hand
2. **Cover** all surfaces of hands.
3. **Rub** your hands and fingers together until they are dry. This should take around 20 seconds. Do not use towel to dry you hands.

### Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy. If your hands are visibly dirty, wash your hands with soap and water.

It is very important that we continue to practice handwashing as this will help prevent the spread of respiratory and diarrheal infections for the residents and ourselves.