

Information for Patients, Residents & Clients

What is hand hygiene?

Hand hygiene refers to the removing or killing of germs on the hands. When performed correctly, hand hygiene is the most effective way to prevent the spread of infections.



Clean your hands with soap and water when they look dirty and after you use the washroom:

- **Wet** your hands with warm water
- **Apply** soap, one pump
- **Lather** hands well for 15 seconds
- **Rub** soap well between fingers, fingertips, thumbs, wrists and back of hands
- **Rinse** thoroughly under water and pat hands dry using a paper towel
- **Turn** taps off with a paper towel

Total time: 40 - 60 seconds



What is alcohol based hand-rub?

- *A product that kills germs on hands
- *It should contain 70 - 95% alcohol in healthcare facilities

How to hand-rub correctly with alcohol based hand-rub:

- **Apply** one pump of hand-rub to palm of hand
- **Rub** hands together for at least 15 seconds
- **Rub** product over all surfaces of hands and fingers until hands are dry

Total time: 20 - 30 seconds

Healthcare providers must clean their hands:

- * Before and after treating patients
- * Before and after special procedures; such as giving a needle or changing a dressing
- * After contact with blood or urine
- * Before and after glove usage

Hand Hygiene

Did you know?

- Cleaning your hands is a great way to protect yourself from serious infections
- Thousands of times each day, members of your healthcare team handle things that could have harmful germs. Without good hand cleaning, these germs can spread to patients and cause infection

PATIENTS AND VISITORS

**ASK FOR SAFE CARE
ASK FOR CLEAN HANDS**

Germs that can cause serious infections are in every healthcare facility. They can be on your healthcare providers' hands and also your own.

It's OK to ask for clean hands. It could save your life. Make sure everyone around you has clean hands to protect against infection.

CLEAN HANDS COUNT

SPEAK UP FOR CLEAN HANDS.

This material was developed by CDC. The Clean Hands Count Campaign is made possible by a partnership between the CDC Foundation and GDUO.

Other ways to prevent the spread of infection:

- Clean your hands on arrival and when leaving health care facilities
- Encourage your visitors to clean their hands
- Do not be shy telling your visitors to stay home if they are not feeling well
- Visitors should not sit on patients' or residents' beds
- Cough into your sleeve or a tissue then discard all used tissues immediately into a garbage container
- **Clean, clean, clean your hands!**

For more information, please contact: Infection Prevention and Control (IPAC)

☎ 784-6171

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OUR VISION

The vision of Western Health is Our People, Our Communities - Healthy Together.

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"It's okay to ask me!" Hand Hygiene is everyone's responsibility. It's okay to ask your healthcare provider if they've cleaned their hands. It could save your life.

