

Your safety is our priority.

Your healthcare team knows they should clean their hands but sometimes they forget.

They welcome your friendly reminder or question, “did you wash your hands?”



CLEAN HANDS
SAVE LIVES

A Guide to Clean Hands for Patients, Residents & Visitors

Prevent the spread of germs and infections—keep your hands clean

Infection Prevention & Control, 2016

We encourage you to:

- Ask staff about hand hygiene (hand cleaning) practices
- Participate in hand hygiene yourself
- Ask family and visitors to clean their hands when they visit you
- Ask sick family or visitors to stay home

Remember the best way to stop the spread of infection is to clean your hands!





Did you know that the main way germs spread is on dirty hands?

Hand cleaning (also called Hand Hygiene) is one of the best ways you and your healthcare team can prevent germs from spreading.

Your health care team works hard to keep their hands and environment clean.

They are committed to giving you clean, safe care. However, members of your team handle many items that could have germs on them throughout the day. Without consistent, good hand hygiene, germs can spread.

It only takes **20 seconds** to kill germs on our hands that can cause infections.

You can use: **Soap and running water** or **alcohol-based hand rubs** (also called hand sanitizers)

Everyone of us should clean our hands:

- Before and after touching wounds and devices
- Before eating, drinking, taking medications and touching your face
- After using the washroom
- When entering or leaving your room or interacting with visitors

Members of your Health Care Team should clean their hands:

- Before contact with you/your room space
- Before doing procedures
- After contact with blood and bodily fluids
- When exiting your room/space

Use soap and water

- When your hands look or feel dirty
 - After using the bathroom
1. **Wet hands with warm water**
 2. **Add liquid soap**
 3. **Lather all skin surfaces** for at least 20 seconds
 4. **Rinse well**
 5. **Dry hands with paper towels**
 6. **Use towels to turn off sink faucets and open door**
 7. **Throw paper towels in waste bin**

Use alcohol-based hand rubs or hand sanitizers

- When your hands do not look or feel dirty but you need to clean them
 - If soap and water are not available
1. **Use on dry hands**
 2. **Add about a “loonie” size amount**
 3. **Rub all skin surfaces**
 4. **Keep rubbing until the product dries (at least 20 seconds)**

