

Hand Hygiene

Alcohol based hand rub facts:

- Kills most germs and viruses.
- Hand rubs containing at least 70% alcohol **kills 99.9%** of all bacteria found on our hands **within 15 seconds**.

Alcohol based hand rub advantages:

- Take less time than washing with soap and water.
- Are more readily available than sinks.
- Cause less irritation and dryness than hand washing.
- Are more effective in reducing the number of germs on hands.
- Have led to improved hand hygiene practices in healthcare facilities and in the community.

Other ways to prevent the spread of infection:

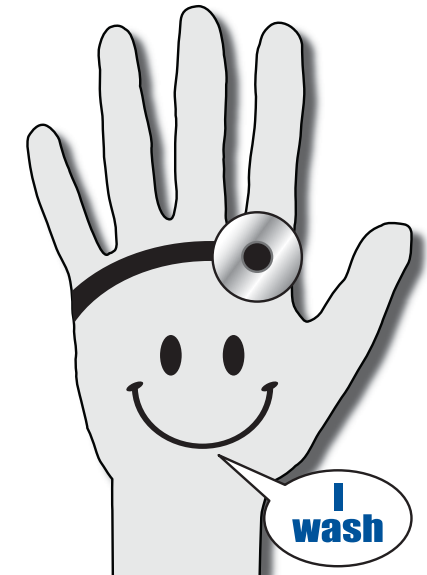
- Do not visit the facility if you are ill, or have an infectious disease that could be spread to others.
- Do not sit on patients' or residents' beds.
- Discard all used tissues immediately into a garbage container.

For more information, please contact:

Infection Prevention & Control

Telephone..... (709) 637-5000
Extension 6171

Information for Patients, Residents, and Visitors



It's okay for patients, residents, and clients to ask caregivers if they washed their hands!



Our Vision

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible - Your Health Our Priority.



Hand Hygiene Information for Patients, Residents, and Visitors

What is hand hygiene?

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

Hand hygiene can be performed using soap and water or alcohol-based hand rub.

When to practice hand hygiene:

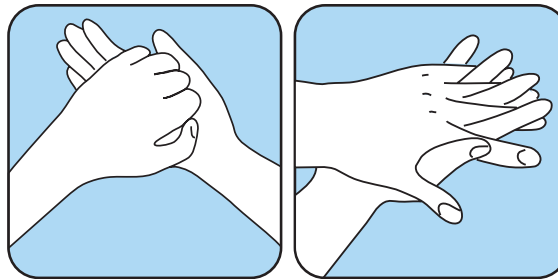
- On arrival and before leaving the healthcare facility.
- Before and after contact with patient/resident/client.
- Before and after preparing and eating food.
- Before and after touching your eyes or face.
- After blowing your nose, coughing or sneezing.
- After using the washroom.
- After handling garbage or diapers.
- Before and after treating a cut or wound.

- Before and after caring for someone who is sick.

When hands are visibly dirty use soap and water.

How to wash hands correctly with soap and water:

- **Wet** 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 by using paper towel.
- Turn taps off with a paper towel.

Total time: 40 - 60 seconds.

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

- Apply product: one pump to palm of one 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.

