

Cleansing with Sanitizer

Hand Cleansing with Hand Sanitizer

1. Apply approximately 1 teaspoon of sanitizer to your palm (*one generous pump*).
2. Cover each area, rubbing vigorously and interlacing fingers.
3. Rub hand sanitizer all over hands, *including* your wrists, thumbs and between your fingers for **15 seconds**.
4. **Rub until your hands are dry.** Do not use a towel to dry your hands.

All residents, their family, friends, staff, and volunteers must take responsibility to protect themselves and others by washing hands on a regular basis or using hand sanitizer that is provided in the home.



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

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It's All In Our Hands

Preventing the Spread of Germs



*Hand Hygiene for Families
and Friends Visiting
Long Term Care Homes*



Hand Hygiene

Preventing the spread of germs is a joint effort between staff, volunteers, residents, friends and family.

Hand hygiene, a very simple act, is the most important and effective way to prevent the spread of infection or an outbreak from occurring. Hand hygiene not only protects residents, but protects everyone, including you and your family, from germs.

What is hand hygiene?

Hand hygiene is a general term that refers to either hand washing or using alcohol-based hand sanitizer. Both methods of hand hygiene are effective. Both methods of hand hygiene need to be done correctly and at the right time in order to be effective.



When to Cleanse?

When should hand hygiene be performed?

There are key times to perform hand hygiene.

You should always clean your hands before and after visiting a resident, upon entering and leaving the home and after you use the restroom.

You should perform hand hygiene before and after you eat, drink, smoke or when you assist someone with these tasks.

Hand hygiene is also important after you cough, sneeze or use a tissue.

There are times when **hand washing (cleansing with water)** is essential:

- √ when your hands are visibly dirty.
- √ before you eat.
- √ after you use the restroom.
- √ if there is a sign posted to wash your hands with soap and water.
- √ after you visit a resident with *Clostridium difficile*.

Alcohol hand sanitizer kills more germs on hands than soap and water and is safe to use in all other circumstances.

Cleansing with Water

Hand Cleansing with Water

1. Wet hands under warm running water.
2. Rub liquid soap all over hands and between fingers for **15 seconds** or the length of time it takes to sing "Happy Birthday."
3. Rinse hands under warm running water.
4. Dry hands with a paper towel.
5. Turn the tap off with the paper towel (*remember your hands were dirty when you turned the tap on*).
6. Dispose of paper towel in a garbage container.

