



## Hand Hygiene Guidelines for patients and visitors

### ? What is Hand Hygiene?

Hand hygiene is the way to keep your hands clean by using “gel” alcohol-based hand rub or soap and water. Everyone has germs. Our bodies are covered with germs that help us to stay healthy. We can pick up germs from other people that make us sick. Germs are most easily spread by our hands. It is important to clean our hands often.

### ? What can I do to help when I am a patient?

- Clean your hands often with alcohol-based hand rub or soap and water
- Be sure your visitors clean their hands too
- Limit your visitors to a few family members or close friends
- **Ask the staff to help you clean your hands if you are unable to clean them yourself**

### ? What should I do as a family member or visitor?

- Clean your hands with alcohol-based hand rub or soap and water when entering & leaving your family member's or friend's room
- Treat your family or friend normally (hold hands, kiss) but avoid contact with their dressings, urine bag or other medical equipment
- Please ask the staff if you have questions
- Help to clean your family member's or friend's hands if they are unable to clean their hands them self

**Patients: PLEASE ask the staff to help you if you need assistance with cleaning your hands before you eat and after you toilet.**

### ? How do I clean my hands correctly?

#### Using alcohol-based hand rub (ABHR):

- Dispense one measure of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15 – 20 seconds



Alcohol-based hand rub

Bacti-Stat soap

#### Using soap and water:

- Wet hands with warm water
- Dispense one measure of soap into palm
- Work up lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers
- Rinse hands thoroughly
- Dry hands with paper towel
- Use a towel to turn off faucet with paper towel
- Discard towel in the trash container

**It's okay to remind our staff to clean their hands if you don't see them doing so!**

**Questions: Ask your doctor or nurse, or call Infection Control 353 4343**