

Fast Facts about Hand Hygiene

- Clean hands are the single most important way to prevent illness and infections.
- Gloves must be worn by caregivers and used properly to ensure that germs are not passed between residents.
- Hands must be washed following glove use.
- A large five-year study has found a 40% reduction in health care infection rates with the introduction of alcohol based hand sanitizer and increased hand washing.

Remind your caregivers to change their gloves and wash their hands.

For more information about hand hygiene and infection control, please speak with a member of the Care Team.



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Hand Hygiene Information

For Residents, Families, Staff, and Volunteers



The simplest way to stop spreading germs is to

**wash your hands
thoroughly and often!**

What is hand hygiene?

Hand hygiene refers to all practices that help reduce the spread of illness. This includes hand washing and the use of alcohol based hand sanitizers.

Why is hand hygiene important?

- Every day, thousands of people acquire infections while giving or receiving care.
- Hands are the primary pathway for germ transmission.
- Clean hands are the most important measure to avoid the transmission of harmful germs.

Hand Washing

Using liquid soap and water, wash the front and back of your hands, between your fingers and all your nails for at least 20 seconds to remove physical matter and germs.



Hand Sanitizing

In addition to proper hand washing or when soap and water is not available, use an alcohol based gel, spray, or foam. Rub it all over your hands and nails as it evaporates.



**Protect yourself from
germs by washing
your hands:**

- Before and after meals
- Before and after using the bathroom
- Before and after having contact with someone that is sick
- After coughing, sneezing, or blowing your nose
- Any time your hands are dirty

**Make sure to wash
your hands well!**