

Two methods to clean your hands

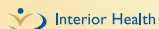
Alcohol-based Hand Rub (ABHR)
Preferred Method

For best results, apply loonie-sized amount of sanitizer into palm of hand and rub until dry.



Soap and Water
When hands are visibly dirty

Wash Your Hands!



Provided by University of Nebraska-Lincoln Extension in Lancaster County and the Lincoln-Lancaster County Health Department.

823246 Jan 06-15

Infection Prevention & Control

It's ok to ask...



Have you cleaned your hands?

For more information: ask your healthcare provider or visit www.interiorhealth.ca/YourStay/InfectionPreventionControl

You will touch someone's life today... do it with clean hands!



Interior Health
Every person matters

Patients, Residents, Clients and Visitors



Guide for Clean Hands

Did you know...?

- In Canada, 8,000 to 12,000 people die every year from infections acquired during health care visits
- 80% of common infections are spread by unclean hands
- Cleaning hands reduces the risk of infections
- Germs on hands can make you sick



You can **pick up & spread** germs everywhere.
Just clean 'em ...

What can you do? Clean your hands!

Before

- Eating, drinking, taking medicine, or putting anything in your mouth
- Touching any wounds, dressings, or tubes

After

- Coughing, sneezing, or touching nose or mouth
- Using the toilet, bedpan, or commode

When

- Returning to or leaving a room
- Visibly unclean
- Entering/leaving a facility
- Unsure if hands are clean

What can the healthcare workers do? Clean their hands!

When

- Before and after touching you or your environment

It's OK to ask your healthcare provider if they cleaned their hands

I know you probably washed your hands just a while ago, but would you mind cleaning them again in front of me?



or remind them



I would just like to remind you to clean your hands please.