



# Hand Hygiene!

- When done correctly, hand hygiene is the best defence against germs and getting sick!
- Good hand hygiene is easy to learn and can reduce the spread of illnesses in both children and adults.



## When should you perform hand hygiene?

### Before you:

- Prepare or eat food
- Treat a cut or wound
- Look after someone who is sick
- Put in or take out contact lenses

### After you:

- Go to the bathroom
- Handle uncooked foods
- Change a diaper
- Blow your nose, cough or sneeze; or wipe a child's nose
- Handle garbage
- Handle an animal or its waste
- Use the phone or computer
- Look after someone who is sick
- Shop at the supermarket
- Smoke cigarettes

If you would like more information on Hand Hygiene please call the Leeds, Grenville and Lanark District Health Unit at **613-345-5685** or **1-800-660-5853** or visit our website at: [www.healthunit.org](http://www.healthunit.org)



**Want to know the best possible way to prevent infections?**

## How should you wash your hands?

How you wash your hands is extremely important.

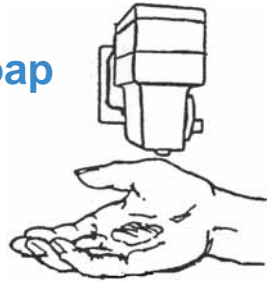
Follow the steps below.

1. Wet hands with warm running water.
2. Add soap, and then scrub hands together to make a soapy lather. Do this away from the water for **at least 15 seconds**.
3. Wash the front and back of your hands, as well as in between fingers, around thumbs and under nails.
4. Rinse hands well, under warm running water.
5. Dry hands with a paper towel.
6. Turn off water using paper towel and dispose.

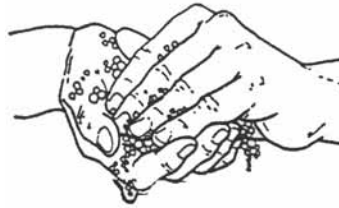
### 1. Wet Hands



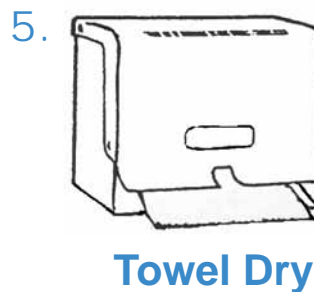
### 2. Soap



### 3. Lather



### 4. Rinse



### Towel Dry

### 6. Turn Taps Off With Towel



## What about alcohol-based hand sanitizers?

These are excellent at killing most germs. However, they must contain at least 70% alcohol.

## How do you use alcohol-based hand sanitizers?

These should only be used if your hands are **not** visibly dirty. Alcohol-based hand sanitizers are also safe for children under adult supervision.

1. Apply sanitizer into open palm.
2. Rub hands together.
3. Rub in between and around fingers.
4. Rub back of each hand with palm of other hand.
5. Rub fingertips of each hand into opposite palm.
6. Rub each thumb and each wrist in opposite hand.
7. Keep rubbing for at least 15 seconds until hands are dry. Paper towels are not needed.