

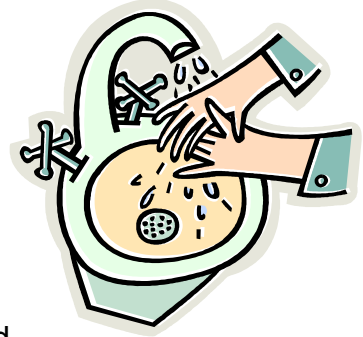
# Hand Hygiene

## What is hand hygiene?

Hand hygiene refers to all practices that help to reduce the spread of germs that can cause illness. This includes handwashing and/or the use of alcohol-based hand sanitizers.

## Handwashing

- It is the physical removal of germs by friction and rinsing of germs away from the hands with warm water.
- Liquid soap (regular) is recommended.
- Bar soap is discouraged because organisms can grow on the soap and in the pooled water that collects under the soap.
- Use disposable liquid soap containers with pumps whenever possible.
- Reusable soap containers should be washed, rinsed, dried and then refilled, instead of being “topped up”.
- Widely recognized as the single most effective method for preventing the spread of germs and infections.



## Hand sanitizing

- Alcohol-based hand sanitizers can be used when hand sinks are not available.
- Hand sanitizers are available as rubs, gels or rinses.
- Products should contain more than 60 per cent alcohol.
- Widely used in health care settings after washing hands, or in situations when water is not available.

## When to perform hand hygiene




- Before eating or preparing food.
- After using the washroom.
- After sneezing, coughing or blowing your nose.
- Before and after contact with someone who is sick.
- Any time hands are dirty.



## How to protect your skin

- Wash hands with warm, not hot water.
- Pat skin dry with a soft towel, rather than rubbing.
- Wear protective gloves when handling chemicals or cleaning agents.
- Choose hand hygiene products that are dermatologist-tested for mildness.
- Apply hand moisturizers often, when skin is damp.
- Avoid leaving soap on hands, as it dries the skin.

# How to perform hand hygiene

Handwashing	Hand sanitizing
Wet hands.	Wash hands with soap and water if visibly soiled.
Use liquid soap (regular).	Use a squirt of hand sanitizer the size of a dime (approx. 1/2 teaspoon). 
Lather and rub all hand surfaces including fingers, under fingernails and wrists together for a minimum of 15 seconds (longer if hands are visibly soiled). 	Rub all hand surfaces, including fingers, under fingernails and wrists.
Rinse.	Rub until hands are dry.
Dry hands with a disposable paper towel.	
Turn off taps with a towel or your sleeve.	