



INFECTION PREVENTION AND CONTROL

Hand Hygiene

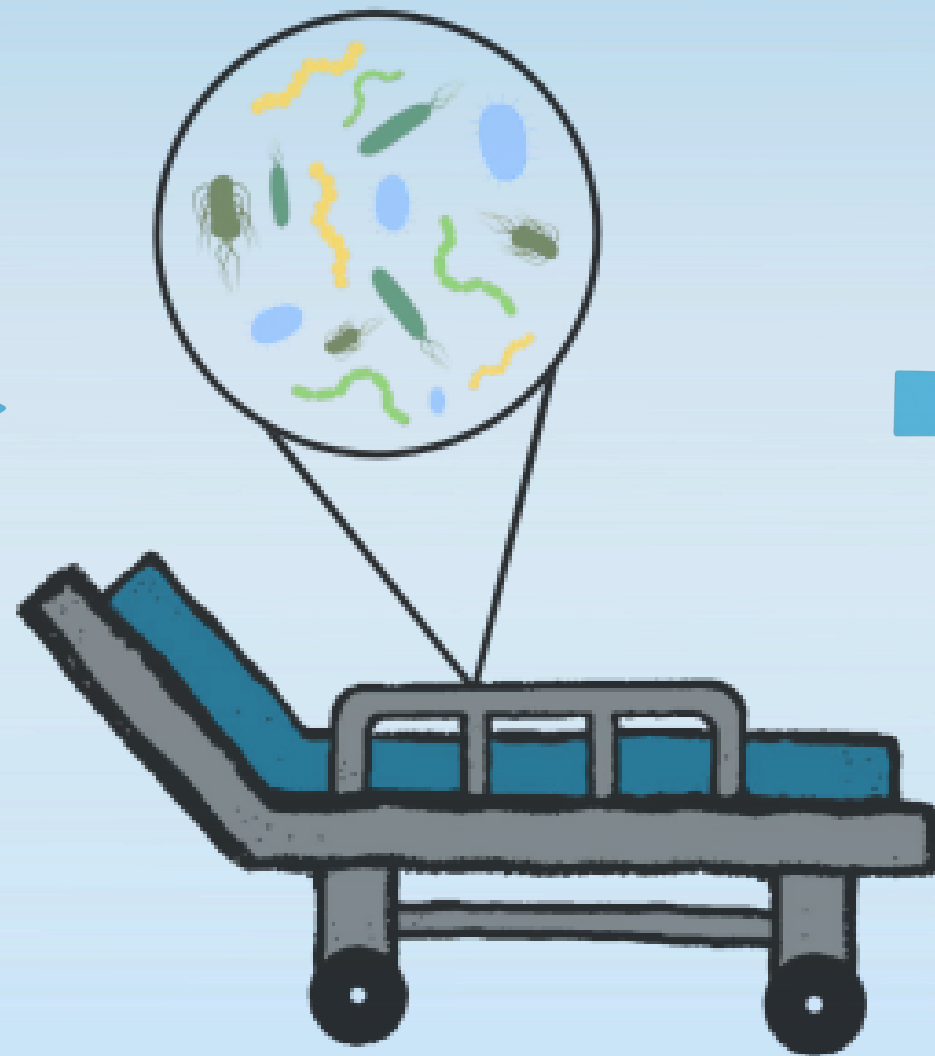
How Germs May Spread

Reservoir



Bedrails contaminated with germs

Pathway



Staff's unwashed hands transmit germs to roommate

Reservoir



Roommate gets sick from germs

Hand Hygiene Prevents the Spread of Germs

Hands are the most common mode for transmission of germs.

Clean hands are of the utmost importance in order to prevent the spread of germs to our residents and ourselves.

Clean Hands Save Lives!

Alcohol-
Based Hand
Rub (ABHR)



Soap and
Water



Why Do We Need To Clean Our Hands For At Least 20 Seconds?

Washing your hands for *at least* 20 seconds is necessary because some germs can be especially difficult to remove.

ABHR destroys the proteins in germs. Cover all hand surfaces in ABHR, wait until completely dry (about 20 seconds).

**20 seconds
can save a life!**

Choosing Which Hand Hygiene Method To Use

Soap and Water



- Hands are visibly dirty
- After contact with body fluids
- If resident has *C. difficile* or *norovirus* infection
- Before and after eating
- After using restroom

ABHR



- Hands are not visibly dirty
- Upon entry and exit of every resident room or bedspace
- Before putting on gloves and after taking off gloves

Every EVS Moment Matters!

Between dirty and clean tasks

Between cleaning resident bedspaces

Upon leaving a resident room, after removing gloves

Hand Hygiene Moments:

When entering a resident room, before putting gloves on



Before touching items on a clean cart

Every Dining Moment Matters!



After collecting soiled plates or food waste

Hand Hygiene Moments:

Before putting gloves on

After removing gloves

Before handling and serving food to residents

In between handling raw meat and other foods to prevent cross-contamination

Using Gloves



Clean your hands before putting gloves on
and immediately after removing gloves

****Gloves are not a
substitute for hand
hygiene****

Additional Considerations

Nail Health:

- Keep your nails short and natural
 - Bacteria lives in the space between the fingernail and the nailbed
 - Chipped nail polish provides a reservoir for germs
- Familiarize yourself with facility hand hygiene policy

Skin Health:

- Working in a healthcare environment can damage the skin on your hands
- Use facility-approved hand soap, ABHR, and hand creams
- Tell your supervisor if your hands develop cracks or redness



*** Thank you!**
Questions?

**Please take 2 minutes to
share your thoughts on
today's training!**



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