

## 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 still be cleaned following glove wearing.
- A large, five year medical study found that the introduction of alcohol based hand sanitizers increased hand-washing and reduced health care infection rates by approximately 40%.

**ASK YOUR CARE GIVERS TO  
CHANGE THEIR GLOVES  
&  
WASH THEIR HANDS**



**Inglewood Care Centre**  
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**FOR MORE INFORMATION  
ABOUT HAND HYGIENE  
AND INFECTION CONTROL, CONTACT  
YOUR CARE TEAM**

## Hand Hygiene Information



**for  
Residents, Families,  
and Volunteers**

**STOP SPREADNG GERMS  
IN SECONDS –  
CLEAN YOUR HANDS!**

**WHAT IS  
HAND HYGIENE?**

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

**WHY IS  
HAND HYGEINE  
IMPORTANT?**

- Thousands of people every day acquire infections while receiving care.
- Hands are the main pathway of germ transmission.
- Clean hands are the most important measure to avoid the transmission of harmful germs.

**HAND WASH**

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 SANITIZE**

When soap and water is not available, use an alcohol based gel, spray, or foam, and rub it all over your hands and nails.



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

- before and after meals
- before and after going to the bathroom
- before and after contact with someone who is sick
- after coughing, sneezing, or blowing your nose
- any time your hands are dirty

**MAKE SURE  
YOU  
WASH YOUR  
HANDS WELL!**