YOU play an important role in preventing the spread of germs throughout our hospital.

Hand hygiene is the **single** most effective means of preventing the spread of infection.

- Infection Prevention and Control Canada (IPAC)

HAND HYGIENE HOW-TOs

Wash

- The PHAC recommends washing your hands with soap and warm running water for at least 20 seconds when hands are visibly soiled.
- Wet your hands, apply soap and lather onto the backs of your hands and between your fingers. Work soap under your nails too—germs are known to hide under nails.
- Turn off the water by using a paper towel. This avoids contaminating yourself with any germs living on the faucet.

Sanitize

- When soap and water isn't available or when your hands are visibly soiled, the PHAC recommends using an alcohol-based hand sanitizer. Hand sanitizers also help prevent skin irritation because emollients in sanitizers moisturize and condition.
- Use enough hand sanitizer to cover your hands. Rub your hands together for at least 15 seconds or use an alcohol-based hand sanitizing wipe to thoroughly clean your hands.
- Don't forget to pay attention to the backs of your hands, wrists, nails and between fingers—all areas germs can hide.

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Stop the Germs

Join in the fight against germs

The Public Health Agency of Canada (PHAC) estimates about

1 out of 10 patients acquire an infection

during their hospital stay.

Proper hand hygiene is the single most important thing you can do to prevent spreading germs.[1]

15 Seconds

to Keep Loved Ones Safe.

Hospitals are the perfect breeding ground for germs and can cause infections are everywhere – on bedrails, phones, meal trays, cups, toilets, elevator buttons and many other surfaces.

So how are these germs spread?

Very often, by hands.

When you touch an object, the germs on it are transferred to you. Fortunately, we can stop germs and help prevent the spread of infection – and it takes just 15 seconds.

Hand hygiene helps reduce healthcare-associated infections and excess health-care costs. One study found the cost to care for a patient with a hospital acquired infection was more than $14,000.*

*Kim T, Oh PI, Simor AE. The economic impact of methicillin-resistant Staphylococcus aureus in Canadian hospitals. Infec Control Hosp Epidemiol. 2001;22(2):99-104

Infection control is in our hands.

1. **Always wash your hands or use an alcohol-based sanitizer or alcohol wipes** after you cough, sneeze or blow your nose – or after using the toilet or touching food trays, medicine containers, cups and other frequently used objects in a patient room. Also, try not to rub your eyes or put your fingers near your nose or mouth, since germs typically enter your body through these areas.

2. **As soon as you enter a patient room, remember to wash or sanitize your hands.**
It's important to wash or sanitize your hands when in a patient room in order to help stop the spread of germs. You can also help by reminding your loved one to wash and sanitize their hands. Also, don't hesitate to remind hospital personnel too – including doctors, nurses, medical techs, housekeeping and food servers. Our staff works hard to prevent infections, so they expect you to ask them if they've washed or sanitized their hands.

Hand Sanitizers anytime, anywhere.

Along with soap-and-water washing, our hospital also relies on alcohol-based hand sanitizers. These hand sanitizers are available to our staff, to you and our patients. You'll find numerous dispensers throughout our hospital, as well as amenity wipes on meal trays and small sanitizer bottles for personal use.

PURELL® ADVANCED HAND RUB:

The brand we trust to kill the most common germs.

- Quick and easy to use
- Kills harmful bacteria or germs
- Soothing to the skin, leaves no stickiness or residue on the hands
- Gentle, effective formula for repeated use

1. Infection Prevention and Control Canada (IPAC). The Rationale for Hand Hygiene. http://www.ipac-canada.org/links_handhygiene.php