



Hand Hygiene

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Hand hygiene refers to removing or killing germs on the hands. There are two methods for removing germs on the hands:

- washing with soap and running water
- or using an alcohol-based hand rub (minimum 60%).

Handwashing with soap and running water must be performed when hands look dirty. If running water is not available, use moistened towelettes to remove dirt and follow with an alcohol-based hand rub.

OR

If your hands appear clean then use an alcohol-based hand rub. The rub needs to have a minimum of 60% alcohol to be effective.

How to wash hands

- Wet hands with warm water.
- Apply liquid or foam soap. If bar soap is used, it must be a personal item and not shared.
- Vigorously lather all surfaces for 15 seconds.
- Using a rubbing motion, rinse soap from hands under running water.
- Dry hands thoroughly using paper towels.
- Turn off taps with a paper towel.

How to use an alcohol-based hand rub

- Ensure hands appear clean.
- Squirt a loonie-sized amount of alcohol-based hand rub onto palm of hand.
- Spread alcohol-based hand rub over all surfaces of the hands.
- Rub hands until dry (it should take a minimum of 15 seconds).