

Clean Hands...it's what we ALL do

It's important to prevent infection. Healthcare providers, family, friends, and YOU play an important role to stop the spread of germs.



Preventing infections is important because:

- infections can make you or someone else sick or sicker
- fewer germs are passed to other people
- having an infection could mean a longer hospital stay

The best way to control the spread of germs and infection is with clean hands. Use the Microsan[®] hand sanitizer found at all Alberta Health Services sites or wash your hands with soap and water...especially before and after visiting or working with a patient.

Remember, when washing your hands:

- wet your hands before you use the soap
- rub your hands together for at least 15 seconds, making sure to make lots of bubbles before you rinse off the soap

Microsan[®]:

- is a 70% alcohol foam (the alcohol kills the germs on your hands)
- dispensers are found at all Alberta Health Services sites to make it easier for everyone to use
- kills germs, while soap and water only washes off dirt and germs
- is faster than handwashing
- doesn't dry out your skin as much as soap and water

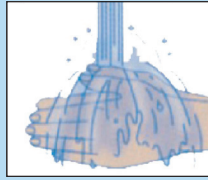


Remember! It's OKAY to ask your healthcare provider if they washed their hands. So go ahead and ASK ME!

Wash your hands with soap and water:

- when you can see that they're dirty
- after you use the toilet
- after visiting someone who has diarrhea
- before you prepare food and/or eat food

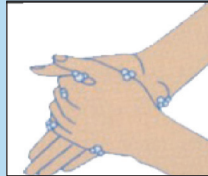
Handwashing Technique



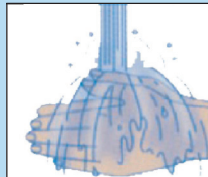
Turn water on to a comfortable temperature and wet hands and wrists



Apply 1 to 2 pumps of soap to open palms.



Lather soap and scrub hands well. Make sure you scrub between fingers, fingertips, back of hands, and wrist.



Rinse thoroughly under running water.



Pat hands dry with paper towels.

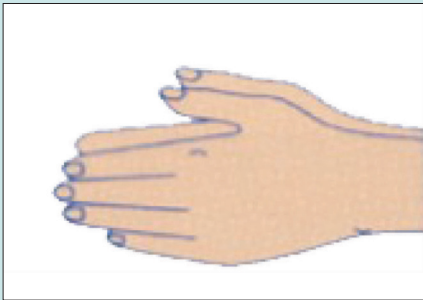


Turn off water using paper towel. Remember to use hand cream to keep your skin healthy.

Disinfecting with Alcohol Sanitizers



Apply 1 to 2 pumps of sanitizer to open palms.



Rub in to hands, covering all surfaces including between fingers, fingertips, and wrists.



Rub in until dry.

Use Microsan®:

- when you enter or leave any Alberta Health Services site
- when you enter or leave a patient's room
- before you eat
- after you cough, sneeze, or blow your nose

INFECTION CONTROL BEGINS WITH CLEAN HEALTHY HANDS



Fast Facts

- Outdoor Port-a-Potties are cleaner than playground equipment.
- Germs can live for days on most fabrics...including hospital bed curtains.
- Kitchen sinks have more germs than a toilet bowl or garbage can.
- Most computer keyboards in patient care areas grow germs.

About Germs

- Germs need a place to live and food to eat.
- Germs are everywhere but can't be seen by the human eye.
- Germs are on our hands, in our bodies, and on everything around us.
- Most germs that live with us, on us, and in us don't make us sick.
- Some germs around us can cause infections.

People who are in hospital are more at risk of getting infections because their bodies are already under stress.

How Infections are Spread and Prevented

Anyone can spread infection, especially those who prepare food, work in a public place, or look after people.

Germs can be passed from one person to another when you:

- touch another person
- cough, sneeze, or spit
- eat food or drink water that has been contaminated
- share common objects (like cutlery or water glasses)
- touch contaminated objects (like bank machines, telephones, or door handles)