



WHAT ABOUT FINGERNAILS, NAIL POLISH AND JEWELRY?

- Thousand of germs can survive under and around fingernails. Be sure to clean areas under fingernails if they are visibly dirty.
- Chipped nail polish may harbor germs.
- Persons with artificial nails will have more germs under and around nails than those who do not wear them.
- Hand/arm jewelry, nail enhancements/artificial nails can trap germs and prevent removal during hand hygiene. They have been linked to transmission of infection and should not be worn by health care providers.



HAND HYGIENE

For more information:

http://www.chica.org/links_handhygiene.html

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**INFECTION PREVENTION
& CONTROL PROGRAM**

WHAT IS HAND HYGIENE?

Hand hygiene is the best way to stop the spread of germs, which can cause infections.

Germs live on your hands or on objects. You can spread germs and infections when you have not washed your hands.

Hand hygiene refers to washing your hands with soap and water or using an alcohol hand rub to clean your hands.

Washing hands helps to physically remove the germs by friction, and then rinse them down the drain.

Alcohol hand rub kills 99.99% of most common germs that may cause illness.

HOW SHOULD YOU WASH YOUR HANDS?

- Wet hands with water
- Apply soap to hands
- Rub hands vigorously together for 10-15 seconds
- To make sure you are washing long enough, try singing the "Happy Birthday Song"
- Cover all surfaces of hands, between fingers and around thumbs
- Rinse hands well to remove soap residue
- Dry hands gently with a paper towel

WHEN SHOULD YOU WASH YOUR HANDS?

Children and adults should wash with plain soap:

- When hands are visibly dirty
- Before you eat
- Before you prepare food items
- After touching raw meats like chicken or beef
- After contact with any body fluids like blood, urine or vomit
- After changing infant or adult diapers
- After touching animals and pets
- After using the washroom
- After blowing your nose
- After coughing/sneezing into your hands

HAND HYGIENE IS ESPECIALLY IMPORTANT IN A HEALTH CARE SETTING:

- When entering a room, before touching surfaces or providing care
- When providing care to more than one individual
- After removing gloves
- Upon leaving the room

WHAT IS AN ALCOHOL HAND RUB?

- It is a hand disinfectant.
- It can be used for routine cleaning of hands when they are not visibly soiled.
- It contains skin moisturizers to prevent dryness of hands.

HOW IS IT APPLIED?

- Apply 1 pump of alcohol hand rub to palm of one hand
- Rub hands together
- Spread hand rub thoroughly over hands, as you would if you were washing them
- Rub until hands are dry

**HAND HYGIENE IS
EVERYONE'S
RESPONSIBILITY.**