

## METHODS TO CLEANING YOUR HANDS

### **Alcohol-Based Hand Rub**

- Apply to palm of one hand.
- Rub hands together, covering all of hands and fingers.
- Rub until hands feel dry.



**A clutter-free, clean, and disinfected environment and good hand hygiene helps to reduce the risk of infections.**

### **Hand Washing**

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.



## **Hospital Cleaning:**

***What to Expect when you are a Resident in a Long-Term Care Facility in Eastern Health***



**INFECTION PREVENTION  
& CONTROL PROGRAM AND  
ENVIRONMENTAL SERVICES PROGRAM**  
[www.eastermhealth.ca](http://www.eastermhealth.ca)

## WHO ARE ENVIRONMENTAL SERVICES?

- Environmental services (EVS) are a group of healthcare employees who are committed to keeping your room and facility clean.
- Your room and washroom will be cleaned and disinfected daily.
- EVS staff will clean accessible surfaces in your room daily such as your over-bed table, bedside table, and your bedrails/bed controls. The floors will be washed, the garbage will also be changed, and any soiled linens are collected and washed daily.



## WHAT IS INFECTION PREVENTION AND CONTROL (IPAC)?

- IPAC is a program with a main focus of the prevention and spread of infections while in a long-term care facility.
- An infection that an individual acquires while in a health care setting is called a **Health Care Acquired Infection or HAI**.
- The IPAC program works to prevent outbreaks and HAI's from occurring, as well as transmission.

## TEAMWORK IS EVERYTHING

- Everyone has an important role to play in preventing infections from spreading including residents, families, and visitors. Some measures you can take to ensure your room is adequately cleaned include:

### 1. De-clutter Your Room:

- As this is your home, you may accumulate personal items in your room. Please keep in mind that having a cluttered room is more difficult to clean.
- Refrain from keeping food in your room as this can attract rodents and insects.
- A cluttered room can also create safety hazards for staff when having to move or reach over furniture/ personal items.



### 2. Appliances:

- All appliances must be approved and tagged by Eastern Health's Infrastructure department.
- Upkeep and cleaning of approved appliances is the responsibility of the resident/family members.

### 3. Respect Outbreak Visiting

- Please be mindful that there are times when Infection Control has to implement outbreak precautions, or restrictions, to ensure the safety of residents, families, and staff. We ask all visitors respect these precautions or restrictions.

## HAND HYGIENE IS EVERYONE'S RESPONSIBILITY

- Hand hygiene is the **number one** way to prevent the spread of infection!



## WHEN SHOULD YOU CLEAN YOUR HANDS:

- ⇒ When your hands are visibly dirty.
- ⇒ Before you eat.
- ⇒ After you go to the washroom.
- ⇒ Before and after therapy.
- ⇒ Before and after appointments.
- ⇒ After blowing your nose, coughing, or sneezing.

**Also Remember...It's okay to ask your health care provider if they have cleaned their hands!**

