Hand Hygiene and Controlling Germs

You will notice Hosparus Health Team members washing their hands or using hand sanitizer during their visit with you. Hand hygiene is the most important thing we all can do to reduce the spread of germs.

When to wash your hands:

- Before and after close contact with people who are sick.
- After contact with body fluids or things with body fluids on them, such as towels and sheets.
- Before and after providing care, such as emptying a urine bag or emptying a bed pan.
- After using the restroom.
- Covering a cough, sneeze or blowing your nose.
- Before and after wearing gloves while giving care.
- Before preparing or eating meals or preparing medications.
- After contact with pets.

How to wash your hands:

- Use warm, not hot, running water.
- Wet hands and use soap, liquid if possible.
- Scrub hands for at least 15 seconds.
- Be sure to include fingernails and between fingers and thumb. If you wear rings, spend extra time scrubbing them.
- Rinse hands well.
- Dry hands gently with paper towel or clean cloth towel.
- Turn the water off with the towel, not your clean hands.
- If soap and water are not available, use a 62% alcohol-based hand rub as directed.

Do not use 62% alcohol-based hand rub if using oxygen – consult Hosparus Health.

Wear Gloves

Gloves should be worn with any direct contact with body fluids: mucous, blood, vomit, urine or stool and when handling soiled items.