

# 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.