

Hand Hygiene Saves Lives!



One in every nine hospital patients in Canada contracts a healthcare-associated infection (HAI), resulting in an estimated 8,000 deaths annually. At least 30 per cent of HAIs can be prevented by following infection prevention and control strategies. Now imagine being able to help those patients with something so simple as... better hand hygiene.

- **Alcohol-based hand rubs (ABHR)** are the preferred method of hand cleaning in healthcare unless hands are visibly soiled. **If hands are visibly soiled**, wash hands with warm running water, soap, and friction.
- When dealing with spore-forming bacteria (e.g. *Clostridium difficile*), soap and water are preferred as ABHRs have limited effectiveness in killing spores.
- **If isolation precautions are in place**, always adhere to the hand hygiene directions appropriate to those precautions.

To properly clean hands, **remove all hand and wrist jewellery** prior to washing or rubbing. Rings have been shown to increase the number of microorganisms on hands and increase the risk of tears in gloves.

Gloves are not a substitute for hand cleaning, as all gloves have micropores and germs can get through. Hand must be cleaned before and after using gloves.

Remember:

- Nails must be kept clean and short at all times. Long and/or chipped nails are known to harbor bacteria and interfere with effective hand hygiene.
- Hand and wrist jewellery should not be worn by healthcare providers, as jewellery hinders effective hand hygiene and harbors the growth of bacteria.
- Artificial nails and nail enhancements should also not be worn, as they have been associated with increased transmission of organisms and glove tears.

For more details and guidelines on hand hygiene information, please refer to your site-specific infection control manual.

Are we too clean?



No.

Cleaning your home does not make you more susceptible to allergies, asthma, or infections.

However, antibacterial products are unnecessary in most cases in the home; good cleaning with detergent and water is enough.

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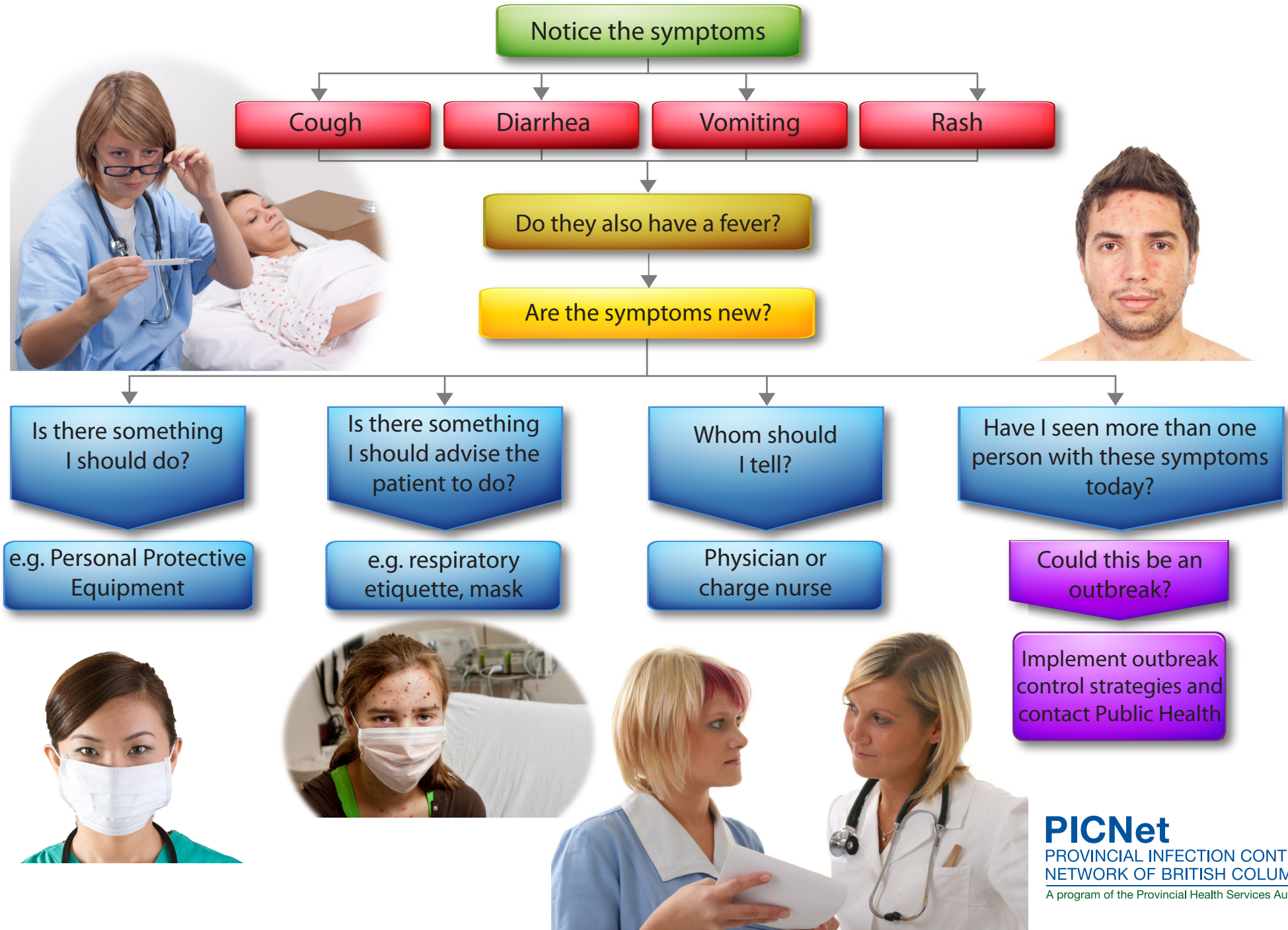
Generation Touch



We're touching more objects more often than ever before...
yet many commonly touched surfaces never get cleaned.

Wash your hands regularly to prevent the spread of infection.

What is Risk Assessment?



Personal Protective Equipment

Mode of transmission	Contact	Droplet	Airborne
Precautions	gloves gown	gloves gown surgical mask eye protection	N95 respirator
Common Infections	Norovirus & other GI infections C. difficile MRSA Scabies	Influenza Common cold Whooping Cough	Tuberculosis Measles Chicken pox Rubella
Examples of symptoms	Diarrhea or vomiting Open wounds Patches of open skin	Coughing Sneezing	Chronic cough Fever with unidentified rash



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Gloves are not enough!

All gloves have micropores, and germs can get through.



That's why you must clean your hands
before and after glove use.

It's not Hollywood and it's not sexy.

Remove your mask and gloves after providing care!



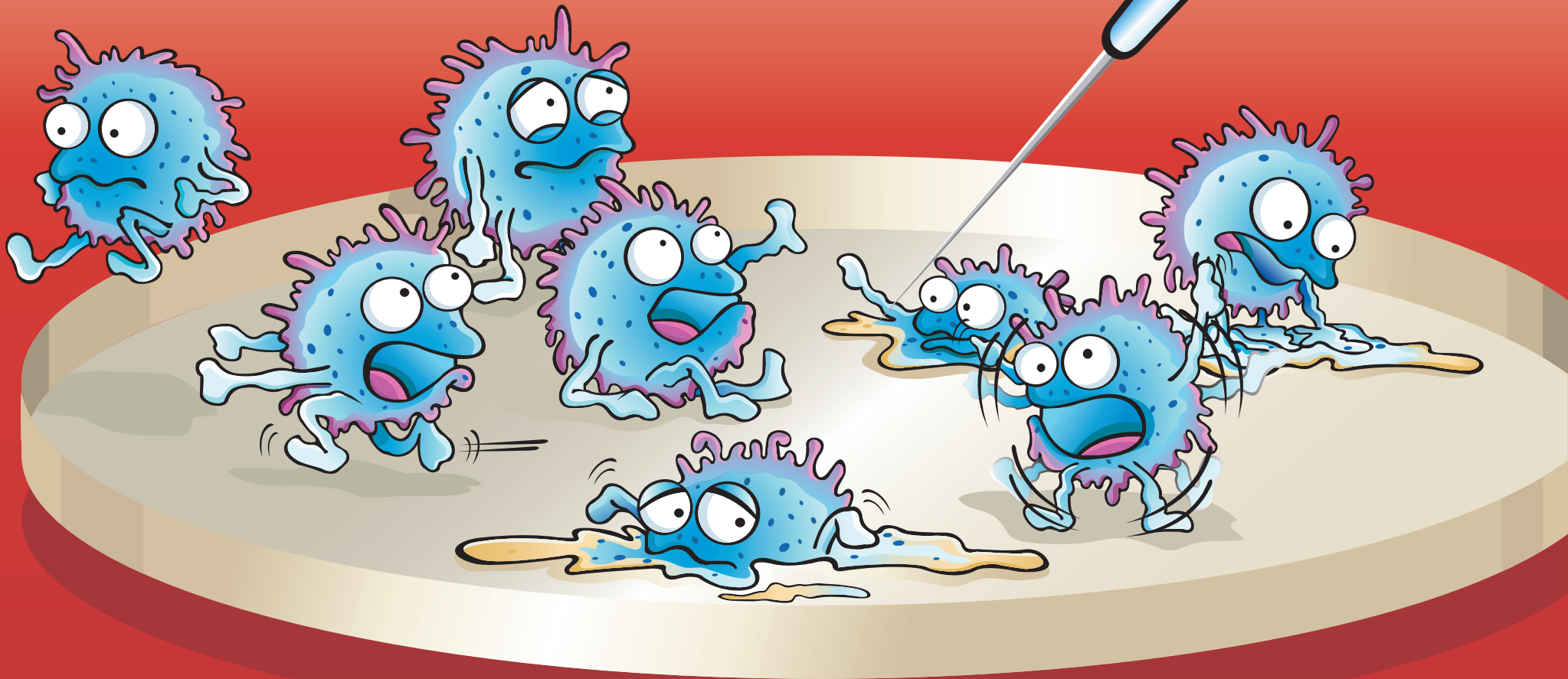
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Remove your mask, gown, and gloves immediately after providing care, and clean your hands thoroughly. Walking around wearing PPE spreads germs.

It's flu shot time!

Patients in healthcare facilities and long-term care residents are at risk of developing serious complications from influenza. Vaccination will reduce the risk of transmission to vulnerable patients, residents, and your fellow healthcare workers.

Protect your patients and residents by getting your flu shot!



Are you really covering your cough?



Make sure you cover it completely!

Germs make terrible presents.



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Stay home when you're sick.

Journey of a germ



Stop!

She washed her hands in the bathroom... but how many things did she touch before sitting down to lunch?

- doorhandle
- handrail
- elevator button
- back of a chair



The most common way for an infection to get into a person is via their hands and then mouth. Helping your patients and residents to use hand sanitizer **immediately** before eating can reduce the transmission of infection.

Soap or Sanitizer: which is best?



Either will clean your hands;
use soap and water if hands are visibly soiled.

Soap and water:

- remove dirt and BBF (blood and bodily fluids)
- take ~30 seconds to properly clean and dry hands
- preferred in cases of infectious diarrhea

Sanitizer:

- kills germs on contact
- is readily available
- takes ~15 seconds
- contains emollients to protect skin

