

## Myth Busters

**Myth:** My hands look clean, then I don't need to wash them.

Even if your hands appear to be clean, they may carry germs. Hands pick up microorganisms in a number of ways. When people who are sick sneeze or cough, the germs that are making them sick are expelled into the air as tiny droplets. If these droplets get into your hands, and then touch your mouth, eyes, or nose without washing, you can pick up the infection.

**Myth:** Soap and water is better than sanitizers

Alcohol-based hand rub (ABHR), commonly known as sanitizer, reduces the number of microorganisms on skin. It is fast acting and causes less skin irritation. For these reasons, the ministry of health recommends sanitizers as the preferred method of decontaminating hands in healthcare.

**Myth:** Sanitizers make germs more resistant

Germs do not develop resistance to alcohol. While some germs have developed ways of avoiding the effects of antibiotic and some chemicals, they have not developed ways of avoiding the killing effect of alcohol.

**Myth:** Sanitizers dry out the skin

Most sanitizers contain an emollient that helps rehydrate the skin. Sanitizers are less drying than soap and water.

**Myth:** After using the sanitizer 10 times, I have to wash my hands with soap and water

There is no data that limits how many times you can use sanitizer. While the alcohol does kill germs, they do not remove visible dirt. "Dirty hands" must still be washed with soap and water.

**Myth:** When my hands are dirty, I can just run them under water to clean them

Dirt and hitch-hiking organisms get caught up in the oil on the skin. Get rid of them by using soap and water. The mechanical action of scrubbing loosens up the dirt and microbes on our hands and the soap picks them up and binds to them so that the water can wash them away.



For more information, please contact:

Infection Control Practitioner  
Louis Brier Home and Hospital



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## HAND HYGIENE



Caring Hands  
are Clean Hands

# Hand Hygiene

## WHY?

Because we CARE.

Around the globe, thousands of people die every day because of infections acquired while receiving healthcare. Hands are the most common mode of transmission of germs. Germs can easily be transmitted through direct person-to-person contact, or by touching contaminated surfaces or equipment. Hand hygiene is the single most effective way of preventing the transmission of infection.

## WHO?

Because microorganisms can be spread by anyone, hand hygiene is EVERYBODY'S responsibility: staff, residents, family members, visitors, companions, and volunteers.

## WHEN?

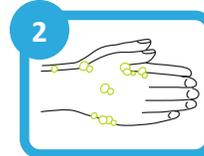
Clean your hands upon entering and leaving Louis Brier Home and Hospital by using alcohol-based hand rub (ABHR), also known as sanitizers, strategically located within the facility. Clean your hands using ABHR or soap and water during these 4 Moments:

- **Before** initial contact with the resident or the resident's surroundings
- **Before** clean / aseptic procedure and before wearing the gloves
- **After** body fluid exposure and after removal of gloves
- **After** contact with the resident or the resident's surroundings

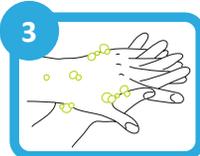
## HOW TO HAND RUB



Apply 1 to 2 pumps to palms.



Rub hands together, palm to palm.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.



Rub fingertips of each hand in opposite palm.



Rub hands until product is dry. Do not use paper towels.



Rub each thumb clasped in opposite hand.



Once dry, your hands are safe.



Lather hands for a total of 30 seconds.

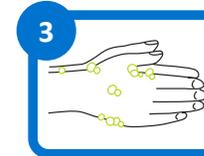


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## HOW TO HAND WASH



Wet hands with warm water.



Lather soap and rub hands palm to palm.



Rub fingertips of each hand in opposite palm.



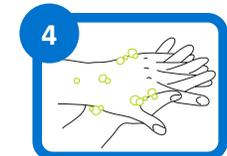
Rinse thoroughly under running water.



Turn off water using paper towel.



Apply soap.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.



Rub each thumb clasped in opposite hand.



Pat hands dry with paper towel.



Your hands are now safe.