

Ask your health care provider
if their hands are clean before
receiving care!



***Clean hands stop the spread of
germs and prevent infection!***

If you require further information,
please ask your health care provider.

Health PEI
One Island Health System

Reference:

Canadian Patient Safety Institute. (2011). *How to help prevent
healthcare-associated infections: a patient and family guide.*

Retrieved from <http://www.patientsafetyinstitute.ca>

Health PEI. (2014). *Hand Hygiene Policy* PD 08-010.

Clean Hands



***The Root of Infection
Prevention***

Hand Hygiene Guide

Health PEI
One Island Health System

Ask your health care provider if their hands are clean before receiving care.

Hand hygiene is the best way to stop the spread of germs.

Alcohol-based hand rub is the *preferred method* for hand hygiene when your hands are **not visibly dirty**.

Wash hands with soap and water when visibly dirty and after using the washroom.

1) Before:

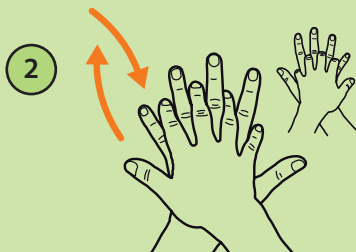
- Entering a facility and/or room
- Contact with other people and their environment/room/space
- Preparing, handling or serving food
- Eating

2) After:

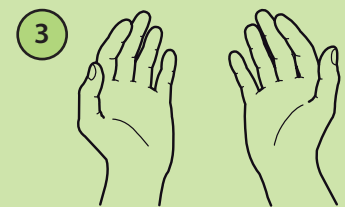
- Going to the bathroom and handling garbage
- Coughing, sneezing or blowing your nose
- Contact with other people and their environment/room/space
- Sharing items with others
- Leaving facility and/or room



Apply one pump of the product in a cupped hand.



Rub palms together, back of each hand, between fingers and thumbs.



Rub for 20-30 seconds until hands are dry.