

FACTS ABOUT SANITIZERS
(ALCOHOL-BASED HAND RUBS):

- THEY ARE PLACED THROUGHOUT RUNNYMEDE HEALTHCARE CENTRE
- THEY KILL MOST BACTERIA, FUNGI AND SOME VIRUSES
- THEY KILL 99.9% OF ALL GERMS ON OUR HANDS WITHIN 15 SECONDS
- THEY TAKE LESS TIME THAN USING SOAP AND WATER
- THEY CAN BE FOUND ANYWHERE, UNLIKE SINKS
- THEY DON'T DRY OR IRRITATE HANDS



Hand hygiene

WHY ARE CLEAN HANDS IMPORTANT?

CLEANING your hands with soap and water, or with sanitizers, effectively kills germs (bacteria or viruses) and is the best way to prevent you from getting sick.

WHEN SHOULD I CLEAN MY HANDS?

At Runnymede, there are hand washing stations near every entrance.

You should clean your hands:

- When entering and exiting the hospital.
- When your hands look or feel dirty.
- Before and after touching a patient.
- Before and after preparing and eating food.
- Before and after treating a cut/wound.
- Before and after touching your eyes or face.
- Before and after caring for a sick person.
- After blowing your nose, coughing or sneezing.
- After using the washroom.
- After handling garbage, diapers or cleaning up children who have used the bathroom.

HOW TO WASH HANDS PROPERLY WITH SOAP AND WATER



Step 1: Wet hands with warm water.



Step 2: Apply soap and lather onto hands.



Step 3: Wash both sides of hands and between fingers.



Step 4: Rinse hands under running water.



Step 5: Pat hands dry with paper towel. Turn off tap with paper towel.

HOW TO HANDRUB WITH SANITIZER



Step 1: Apply hand rub gel or foam to palm of hand.



Step 2: Spread over both sides of hands and between fingers.



Step 3: Rub hands together for at least 15 seconds or until dry.



Step 4: Once dry your hands are safely clean.

To prevent the dryness, irritation and cracking that occurs when the skin's natural oils are washed away with repeated cleaning:

- Check for cracks or cuts (these can trap bacteria, making hands prone to infection)
- Wet hands before applying soap
- Pat hands dry, rather than rubbing
- Sanitizer is less irritating than soap and water
- Keep hands moisturized, especially in cold weather
- Use lukewarm water to wash hands