## FACTS ABOUT SANITIZERS (ALCOHOL-BASED HAND RUBS):

- They are placed throughout Runnymede Healthcare Centre
- They kill most bacteria, fungi and some viruses
- They kill germs on our hands within 15 seconds
- They can be found anywhere unlike sinks
- They don't dry or irritate hands



FOR MORE INFORMATION, CONTACT INFECTION CONTROL AT 416.762.7316, EXT. 2238.

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# Hand Hygiene:

## For patients and visitors

RUNNYMEDE HEALTHCARE CENTRE

# Hand Hygiene

## WHAY ARE CLEAN HANDS IMPORTANT?

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

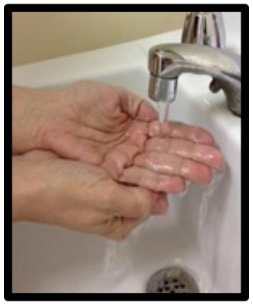
## WHEN SHOULD I CLEAN MY HANDS?

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

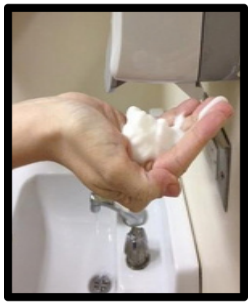
You should clean your hands:

- 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.

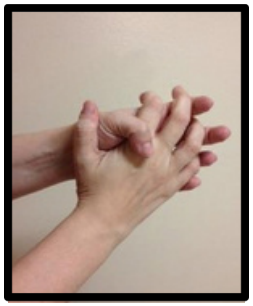
## HOW TO HANDRUB WITH SANITIZER




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 until dry



Step 4: Once dry your hands are safely clean.

To prevent the dryness, irritation and cracking that occurs when the skins 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 applting soap
- Pat hands dry, rather than rubbing
- Keep hands moisturized, especially in cold weather
- Use lukewarm water to wash hands