

It's okay to ask us to clean our hands!

We want to do everything we can to get you well.

Healthcare is a busy place. Sometimes we forget to clean our hands in front of you.

It's okay to ask...

- before one of us begins to check you or give you care

Ask us...

"Have you just cleaned your hands?"

"Would you mind cleaning your hands in front of me?"



What we will do

- Offer you hand sanitizer, hand hygiene wipe, or a soapy wet cloth.
- Remind you to clean your hands.
- Help you clean your hands, if you need it.

Remember...

It's okay to ask us for hand sanitizer, a hand hygiene wipe, or a soapy wet cloth.

It's okay to ask us at any time if we have cleaned our hands.

It's okay to ask your family and visitors to clean their hands when they enter and leave your room and when they arrive and leave the building.

Questions?

We are happy to answer any questions you might have about this.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #254374 (December 2016)

To order: patienteduc.fraserhealth.ca

Clean Hands Save Lives



Help Fight
the Spread of Infection
Clean Your Hands



Patients ♦ Residents ♦ Clients ♦ Visitors

Protect your health and the health of others. Cleaning your hands might seem like a simple thing, but it is important. Follow these tips to keep your hands free of germs.

Clean Hands Save Lives

How to clean your hands

How can you help?

As the patient, **YOU** are the most important member of the healthcare team. You have a role to play in keeping yourself healthy.

Did you know?

Cleaning your hands is the most important way to reduce the spread of germs that cause colds, flu, and even serious or life-threatening diseases.

It's okay to ask!

'Clean hands' is everyone's responsibility. Ask your family and all your visitors to clean their hands often.

Infections can spread by simple contact with any number of surfaces such as door handles, tables, chairs, or elevator buttons.

So it's important we all work together to keep everyone safe by cleaning our hands properly and often.

When to use hand sanitizer:

(Alcohol-Based Hand Rub)

- before handling food or drinks
- before leaving your room
- after sneezing, coughing, or blowing your nose



How to use:

- Put a Loonie-sized amount in your hands.
- Rub all areas of your hands.
- Rub for 15 to 20 seconds until your hands are dry.

How to use hand hygiene wipes:



Take a hand hygiene wipe and rub all areas of your hands for 15 to 20 seconds.

Throw the wipe in the garbage after use.

When to use soap and water:

- when hands are dirty
- after visiting a bathroom



How to use:

- Wet your hands with warm water.
- Rub all areas of your hands and fingers with soap for 15 to 20 seconds.
- Rinse well.
- Dry your hands with paper towel.
- Use paper towels to turn off the taps.