

Remember your hand washing Techniques

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



## CONTACT PRECAUTIONS

## Patient Education Infection Control Department

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World Health  
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Patient Safety  
A World Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

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*'Getting Better Together'*

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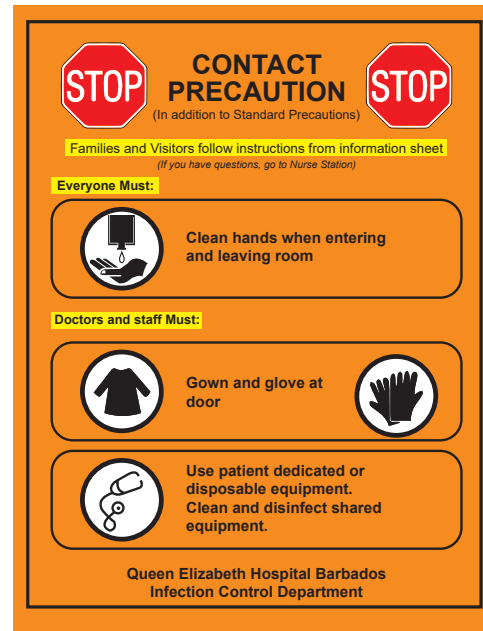
## What is Contact Precaution?

Contact precautions are used when a person has a type of bacteria or virus on the skin, in a sore, or elsewhere in the body such as the intestines that can be transmitted to someone else if that person touches the infected individual or contaminated surfaces or equipment near the infected individual.

## What kind of infections can be spread by contact ?

- Abscesses
- Gastroenteritis
- Multi-drug resistant organism (MRSA, VRE, CRKP)
- Impetigo
- Chicken Pox

## What does the contact precautions sign look like?



## What should the care providers be doing?

Your care providers should wear a gown and gloves whenever they are in the room. They should don the gown and gloves as they enter the room, and remove the gown and gloves as they exit the room. They should also wash their hands before they don the gown and gloves when they enter the room, and as they exit the room. The ancillary staff who clean the room and provide other services should also be wear a gown and gloves.

## If I am the patient, what should I do?

You should follow instructions from your healthcare provider. You may be asked to stay in your room. You may be allowed to leave your room for activities, however, you may be asked not to visit other patients in their rooms, and you will be reminded to wash your hands frequently especially after using the bathroom and before eating.

## If I am a family member or other visitor, what should I do?

People who visit patients on contact precautions should follow facility employees' instructions. You will usually be asked to wear a gown and gloves when you are in the patient's room and you must wash your hands before and after the visit.