



Hand hygiene

Did you know that about 70% of infections in health care settings are transmitted by hands?

Transmission Modes

The microorganisms arrive on our hands:

- By direct contact with an infected person
- By touching a contaminated object or environment (e.g. A doorknob, a cell phone, an elevator button)

When we wear our contaminated fingers to our lips, our eyes and our nose, there is a risk of catching or transmitting a common infection such as flu, colds or gastroenteritis.

Some infections are contagious even before the person has symptoms. In addition, many germs can survive on surfaces for several minutes, hours or even days.



Prevention and control of infections

Hand hygiene is the most effective measure to prevent the spread of germs

Two methods are effective:

- The disinfection with an alcohol-based solution (no water required)
- Washing hands with water and soap

Regardless the method used, the friction time should be 20 seconds.

As for the aqueous-alcoholic solution, your hands must not be dirty or damp to ensure its effectiveness.





Hand hygiene

WHEN perform hand hygiene?

The CIUSSS of the National Capital has adopted a policy and a protocol to promote and supervise the good practices of hygiene.

To protect your own health and that of your family, you should rub your hands with alcohol-based or wash with soap and water:

- In and out of a health facility
- When moving between different sectors
- In and out of your room or that of the person you visit
- Before and after meals
- After going to the toilet
- After blowing your nose or coughing
- After smoking
- When hands are visibly dirty

In addition, you are invited to:

- Ask politely to anyone who fails to do so to practice hand hygiene
- Encouraging or assisting a user or close to make hand hygiene

HOW perform hand hygiene?

Friction with a hydro-alcoholic solution



Move to a palm pressure of the product.

Spread product over all surfaces of hands by paying attention

- at fingertips
- to the space between the fingers
- the back of the hands
- the basis of inch

Rubbing vigorously for 20 seconds until the product is completely evaporated.





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HOW perform hand hygiene?

Washing with water and soap



Wet hands with warm water.



Apply the liquid soap or foam.



Vigorously lather for 20 seconds.



Lather all surfaces of hands, paying particular attention:

- at fingertips
- to the space between the fingers
- the back of the hands
- the basis of inch



Rinse thoroughly rubbing to remove soap residue.



Dry hands gently with a paper towel.



Close the faucet with paper towel to avoid being contaminated again.

