

## When should you wash your hands?

- before eating & drinking
- before, during, & after handling or preparing food
- after using the toilet or helping someone else use the toilet
- after changing a child's diaper or a depends on an adult
- after blowing your nose or helping someone with a runny nose
- after coughing or sneezing
- before inserting contact lens
- before visiting or caring for sick people
- wash hands more often when someone in your home is sick
- after handling blood or body fluids (like vomit, lung secretions, used tissues)

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## When should you wash your hands?

- before & after touching bandages and/or emptying drainage devices
- after touching pets, animals, their toys, leashes or animal waste
- after handling garbage, touching cleaning cloths or soil
- after you get home from work, or outside activities
- after touching commonly used public surfaces or shared items
- whenever hands look dirty

### Home Health Office

Place office label/stamp here:

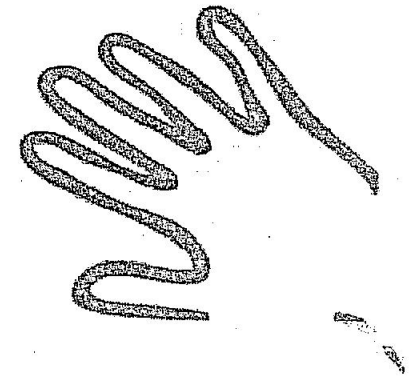


**fraserhealth**

Better health.  
Best in health care.

## HOME HEALTH

# Infection Control: It's in Your Hands!!

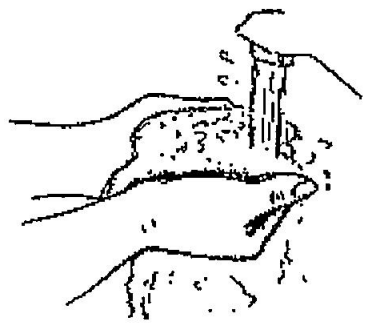


## Clean Hands Save Lives

**STEPS TO GOOD HAND WASHING.**

Steps 3 to 7 should take at least 15-20 seconds.

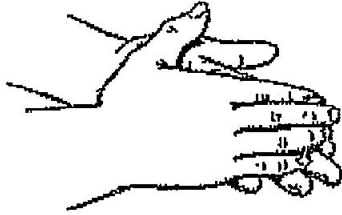
1. Wet hands



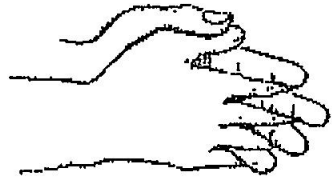
2. Add soap to palms



3. Rub hands together to create a lather



4. Rub soap over the back and the front of both hands



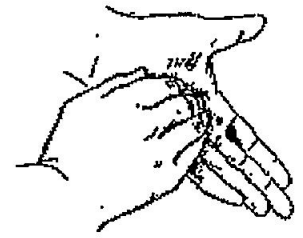
5. Clean your knuckles



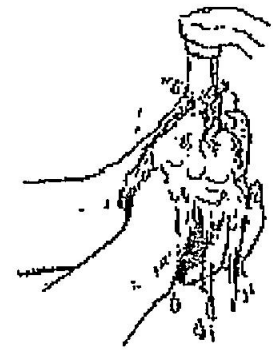
6. Clean the space between the thumb and index finger



7. Work the finger tips into the palms to clean under the nails.



8. Rinse well



9. Dry with a towel or paper towel and then use it to turn off the tap

