

# ALWAYS WASH YOUR HANDS THOROUGHLY:



Before, during and after preparing food



Before eating



After using bathroom



After sneezing, coughing, or blowing nose



Before touching your eyes nose or mouth



After touching commonly used items. Some examples include door handles, light switches, railings and bannisters

FAST FACT

*Remember Handwashing saves lives!*



*Handwashing is one of the most important ways to prevent the spread of infections including the common cold, flu and hard to treat infections*

**IT IS EVERY ONE'S RESPONSIBILITY TO BREAK THE CHAIN OF INFECTION...**



#### OUR MISSION:

**Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.**

#### OUR VISION:

**At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.**

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## Good Handwashing Practice

The #1 Way to Prevent The Spread of Infections



**PARK PLACE**  
SENIORS LIVING  
*Enriching Lives of Seniors*

# HAND SANITIZERS

Using soap and water is the preferred method for washing your hands. It cleans and sanitizes your hands. However, if you cannot get to a sink...

## HAND SANITIZERS

- Are good only if your hands have no visible dirt or grime on them
- Work because of the high alcohol content
- Do not replace washing your hands
- Are for quick cleaning only

## HOW TO USE HAND SANITIZERS:

1. Use a nickel-sized amount of sanitizer
2. Thoroughly rub hands together
3. Continue to rub until dry

## A NOTE ABOUT ALCOHOL BASED HAND RUBS

- They are products that kill germs on the hands
- Should contain 60 to 95% ethanol or isopropanol (types of alcohol)
- Are fast acting and convenient

# HOW TO WASH YOUR HANDS:

1

**REMOVE JEWELLERY**

2

**TURN ON WATER, MAKING SURE IT IS WARM**

3

**WET YOUR HANDS AND APPLY SOAP**

4

**RUB HANDS TOGETHER FOR 20 SECONDS (TIME TO SING HAPPY BIRTHDAY TWICE) PAYING ATTENTION TO YOUR FINGERS; FINGERNAILS AND AREAS BETWEEN YOUR FINGERS**

5

**RINSE YOUR HANDS FROM WRISTS TO FINGERTIPS KEEPING FINGERS POINTED DOWN**

6

**DRY YOUR HANDS WITH A PAPER TOWEL**

7

**USE PAPER TOWEL TO TURN OFF THE FAUCET AND OPEN BATHROOM DOOR**

*Reviewed by the Park Place Family Focus Group in 2017*

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FAST  
FACT

*Remember It only takes  
20 seconds to protect  
yourself and others*