

# 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 Hand Hygiene saves lives!

Reviewed by a group of Park Place Family Representatives

FAST FACT

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 EVERYONE'S  
RESPONSIBILITY TO BREAK THE  
CHAIN OF INFECTION...**

## OUR MISSION:

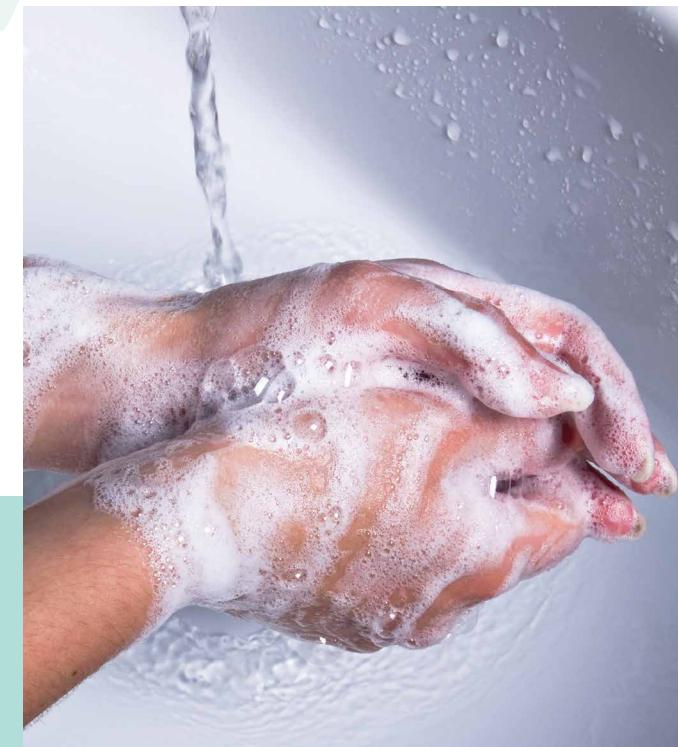
Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

## 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.

# Good Hand Hygiene Practice

## The Best Way to Prevent the Spread of Infection



# 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
- 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

FAST  
FACT

Remember It only takes 20 seconds to protect yourself and others

**7** Use paper towel to turn off the faucet and open bathroom door