

# 4 Moments for Hand Hygiene

Information for clients, visitors, families and volunteers

## Hand Hygiene Saves Lives

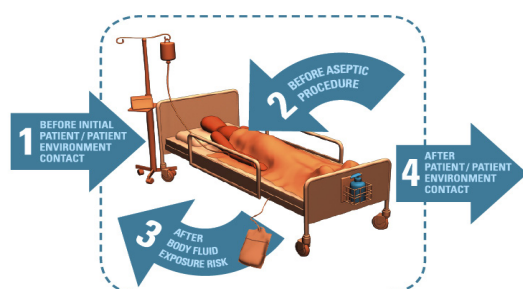
Hand hygiene is the most important measure to avoid the spread or transmission of harmful germs and prevent infection.

Southern Health-Santé Sud takes hand hygiene very seriously. All staff receive training about the 4 Moments for Hand Hygiene and other infection prevention and control topics on a regular basis.

## 4 Moments for Hand Hygiene in Healthcare

These are the cues that health care workers use to remind themselves about when to clean their hands to prevent the spread of infection.

**Moment 1:** Health care workers clean their hands before coming in contact with you or your environment.



**Moment 2:** Health care workers clean their hands before providing care such as starting an IV, changing a dressing, or inserting a catheter.

**Moment 3:** Health care workers clean their hands after removing gloves and after contact with body fluids such as after emptying your catheter, after starting your IV, after changing your dressing or after performing any other procedure where there was exposure to any body fluids.

**Moment 4:** Health care workers clean their hands after they finish providing care.

## Your Health is Important to us

**If we appear to have forgotten to clean our hands please remind us.** If you need help or are out of hand hygiene supplies please tell us. Always wash your hands after using the toilet and before eating. You will be reminded to clean your hands before you eat by one of our staff. We also ask that visitors use the hand sanitizer when they come in to visit and again when they leave.

## How to Clean Hands

### With an alcohol-based hand rub:

1. Apply 1 to 2 pumps of hand rub to palms of dry hands.
2. Rub it on your fingertips, both sides of your hands and between fingers.
3. Continue to rub for 15 to 20 seconds, until your hands are dry.
4. Once dry, your hands are clean.

### With soap and water:

1. Wet hands with warm water. Apply soap.
2. Rub hands together for 15 to 20 seconds. Thoroughly cover all surfaces of your hands and fingers, including nails.
3. Rinse under running water.
4. Pat hands dry with paper towel. Turn off water using paper towel.
5. Once dry, your hands are clean.