

Just Clean Your Hands

Before:

- ◆ Using the toilet.
- ◆ Leaving your room.
- ◆ Visiting in hospital.
- ◆ Eating or touching food.



After:

- ◆ Using the toilet.
- ◆ Contact with any body fluids like blood, urine or vomit.
- ◆ Blowing your nose, sneezing, coughing, or using a tissue.
- ◆ Handling garbage.
- ◆ Touching any hospital equipment.
- ◆ Visiting a patient.
- ◆ Attending therapy or clinic.
- ◆ Touching an animal or pet.
- ◆ Removing gloves and gowns.

Use Hand Sanitizer:

- ◆ When your hands are not visibly soiled.
- ◆ Apply one to two pumps of product to the palm of one hand.
- ◆ Rub your hands together; ensuring all surfaces are covered until your hands are dry (this should take at least 15 seconds).

Hand Washing:

- ◆ Wet your hands with warm running water and then soap.
- ◆ Lather and rub all surfaces of your hands and wrists for at least 15 seconds.
- ◆ Rinse thoroughly.
- ◆ Pat your hands dry with paper towel and then use the paper towel to turn off taps, and open the washroom door.
- ◆ Apply lotion to hands if they become dry.

The most important practice to prevent the spread of germs is good hand hygiene!

Thank you
for your help and cooperation

This brochure provides basic general information only and is to be used as a guide, not as a complete resource on the subject.

If you have any further questions, please ask your physician, nurse, infection control practitioner or local Public Health.

Providence
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www.providencecare.ca

Patient & Family
Information

Cough
Etiquette

Providence
Care

Infection Control Services

Coughs and sneezes spread diseases so ...

Why don't we do it in our sleeve?



Many illnesses are spread when people cough or sneeze and don't cover up. The common cold and influenza are some of the illnesses caused by viruses.

These virus particles are sent flying into the air when people cough or sneeze with a cold or influenza. Other people can become ill by breathing in the fine virus particles that are left floating in the air.

If we **cover our cough or sneeze** then the virus particles are contained and they won't be spread around in the air.

You can cover your cough or sneeze with a tissue or use your sleeve. You should never cough or sneeze into your hand but if you do, make sure you clean your hands with soap and water or alcohol hand rub immediately after.

Virus particles are also found in the larger droplets that are visible when we cough. These larger droplets land on surfaces in the environment like bedside tables and other people may become ill if they accidentally touch the droplets and then touch their mouth, nose or eyes without cleaning their hands first.

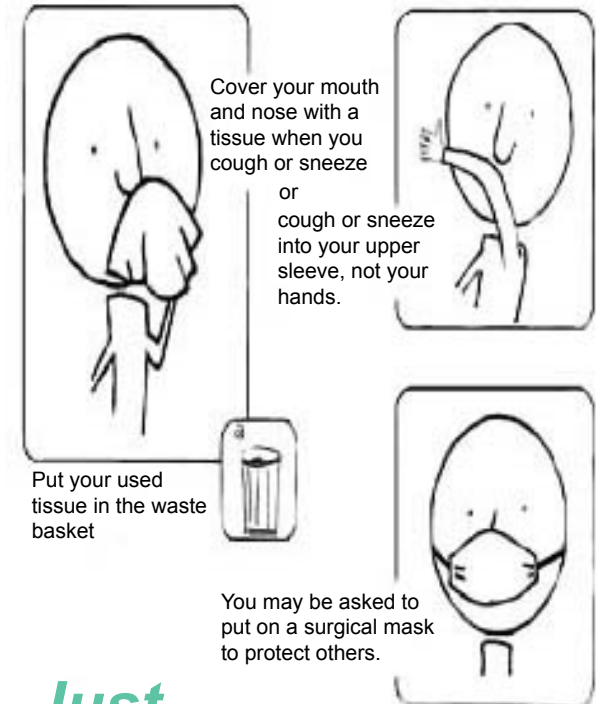
If you have a cold or influenza and use tissues when you are coughing or sneezing they should be thrown into the garbage immediately and not left at the bedside or tucked into a sweater to be used again later.

If you have to go to the hospital or have an appointment at a clinic or other healthcare centre you may be asked to put on a mask if you are coughing. This is to help protect others who are also waiting in the hospital or at a clinic.



Stop the spread of germs that make you and others sick!

Cover your Cough



Just Clean Your Hands after coughing or sneezing



Wash with soap and water

or



clean with alcohol-based hand cleaner