HAND HYGIENE

WASH YOUR HANDS
WHY HANDWASHING?

The single most important thing you can do to prevent spreading germs!
When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
Alcohol Hand Rub Available at CVMC

Alcare Foam

CalStat Plus Get
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a Apply a palmful of the product in a cupped hand, covering all surfaces;

1b Rub hands palm to palm;

2 Right palm over left dorsum with interlaced fingers and vice versa;

3 Palm to palm with fingers interlaced;

4 Backs of fingers to opposing palms with fingers interlocked;

5 Rotational rubbing of left thumb clasped in right palm and vice versa;

6 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

7 Once dry, your hands are safe.

World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the handwash (steps 2-7): 15-20 seconds
Duration of the entire procedure: 40-60 seconds

0. Wet hands with water;

1. Apply enough soap to cover all hand surfaces;

2. Rub hands palm to palm;

3. Right palm over left dorsum with interlaced fingers and vice versa;

4. Palm to palm with fingers interlaced;

5. Backs of fingers to opposing palms with fingers interlocked;

6. Rotational rubbing of left thumb clasped in right palm and vice versa;

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8. Rinse hands with water;

9. Dry hands thoroughly with a single use towel;

10. Use towel to turn off faucet;

11. Your hands are now safe.
HAND WASHING

Use soap and water
• When hands are visibly soiled
• After using the bathroom
• Before preparing food and eating
• Organisms that produce spores-C. difficile

Use alcohol-based hand sanitizer
• For routine use
  Alcohol-based hand sanitizer
• Significantly reduce the number of organisms on hands
• Are fast acting
• Cause less skin irritation than soap and water
• Saves time
Summary
Alcohol-Based Handrubs: What benefits do they provide?

- Require less time
- More effective for standard handwashing than soap
- More accessible than sinks
- Reduce bacterial counts on hands
- Improve skin condition
RESPIRATORY HYGIENE
RESPIRATORY HYGIENE

Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use.

Perform hand hygiene.
CONTAIN A COUGH/SNEEZE IN YOUR ELBOW OR SLEEVE IF NO TISSUES ARE AVAILABLE
DON’T FORGET

Hand Washing required after Respiratory Hygiene
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.
COMMON BLOODBORNE PATHOGENS

- HIV/AIDS
- Hepatitis B
- Hepatitis C
HUMAN IMMUNODEFICIENCY VIRUS

- Attack the body’s immune system
- Reducing its ability to fight infection
- Opportunistic infections/aids
HEPATITIS B

• Virus that affects the liver
• Weakness, fatigue, nausea, loss of appetite, jaundice
• Cirrhosis, liver cancer and death
HEPATITIS C

- Virus that attacks liver
- Usually milder disease than HBV
- More likely to cause chronic carrier state
- More likely to lead to cirrhosis, liver cancer and death
BE SAFE! GET HELP

- Do not enter an isolation room
- Do not attempt to clean up spilled specimens unless you have been trained.
- Do not handle needles.
- Do not touch any item that may be contaminated with blood and/or body fluids.
OCCUPATIONAL EXPOSURES

- Needlestick injuries
- Non-intact skin
  - Cuts
  - Scrapes
  - Breaks in the skin
- Splashes to mucous membranes
  - Mouth
  - Nose
  - Eyes
OPIM
OTHER POTENTIALLY INFECTIOUS MATERIALS

- Blood and blood products
- Semen
- Vaginal secretions
- Fluid in the uterus of pregnant women
- Fluid surrounding the brain, spine, heart and joints
- Fluid in the chest and abdomen
- Any fluid containing blood
- Human tissues and organs
WHAT SHOULD I DO IF AN EXPOSURE OCCURS?

- Thoroughly wash exposed area
- Contact supervisor/Report to your company’s recommended medical provider.
- Optimal time for post-exposure prophylaxis (PEP) is 1-2 hours post exposure
  - Post-exposure prophylaxis (PEP) for HIV = AZT + 3TC + protease inhibitor
INFLUENZA
DO YOUR PART TO PROTECT YOURSELF AGAINST INFLUENZA

• Get immunized against flu each fall

• The CDC has recommended yearly influenza vaccination for health care workers since the 1960’s

• Vaccination reduces
  • severity of disease
  • risk of complications
  • risk of death

  Contraindicated if egg allergies or with previous vaccine reactions

• Practice cough containment by covering nose and mouth with a tissue when you cough or sneeze. Discard tissues and wash your hands.
Some Lame Reasons Not to Get Vaccinated:

• I get sick from the flu shot
• I’m pregnant, so can’t get the shot
• I never get sick anyway, so why bother?
• I got the shot last year, so I don’t need it again.
• I don’t work around patients, so I don’t need it.
• I’m latex allergic.
• I’m terrified of needles
We’re all responsible.
ANOTHER ONE OF YOUR VERY IMPORTANT ROLES
KEEP YOURSELF HEALTHY

Be sure that you are up to date with all of your vaccines. Adults need vaccines too.
PREVENT SPREAD

Graphic from Kansas Department of Health and Environment
DO NOT REPORT TO WORK IF YOU HAVE THESE CONDITIONS

- “Pink eye”/conjunctivitis
- Rash (no known reason)
- Fever/nausea/vomiting/diarrhea

Call your supervisor
THE END