

# **Hand Washing**

Hand washing ... the most effective way to prevent the spread of infections. *Regular soap and water create a slippery surface that allows the organisms to “slide off.”*

1. Remove any rings or other jewellery.
2. Wet your hands thoroughly with warm water.
3. Use soap (1-3 mL) and lather well.
4. Scrub your hands, between your fingers, wrists, and forearms with soap for 20 to 30 seconds.
5. Scrub under your nails.
6. Rinse thoroughly.
7. Turn off the taps/faucets with a paper towel.
8. Dry your hands with a single-use towel or air dryer.
9. Protect your hands from touching dirty surfaces as you leave the bathroom.



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## **When should I wash my hands?**

- ✎ after using the washroom or changing diapers
- ✎ before and after eating or handling food
- ✎ after touching raw meat, poultry, or fish
  - ✎ after visiting sick people
  - ✎ after handling garbage
- ✎ after handling pets, animals, or animal waste

**Hand Sanitizer** The best way to ensure good hand hygiene is by washing with soap and warm water. If you do not have access to water or soap, a Hand Sanitizer is an acceptable alternative.

Resources:

Regional Health Authority B-Zone St-John:

<http://www.ahsc.health.nb.ca/cleanhandsahsc/cleanhandsworlkingahsc.html#welcome>

*More website and information on Hand washing, Coughing and Sneezing:*

Public Health Agency of Canada <http://www.phac-aspc.gc.ca/im/iif-vcg/wh-lm-eng.php>

Influenza in NB <http://www2.gnb.ca/content/gnb/en/corporate/promo/flu.html>

Influenza Immunization-“the Flue Shot” (PHAC) <http://www.phac-aspc.gc.ca/im/iif-vcg/index-eng.php>