

HOW TO ENGAGE YOUR RESIDENTS:

Talk about hand hygiene with your residents.

ADDRESS HAND HYGIENE BEFORE YOU BEGIN CARE

Explain how and why you clean your hands before, after, and sometimes during resident care.

DISCUSS AND ACT

Let your residents know it's OK to ask you about hand hygiene. They might request that you clean your hands. Put them at ease by showing them your clean hands.

Assist residents with cleaning their hands.

THANK THEM FOR BEING ENGAGED IN THEIR CARE

Hand hygiene works better when residents and healthcare providers work together.



Contact CDC:

www.cdc.gov/info

800-CDC-INFO

(800-232-4636)

TTY 888-232-6348



Learn more at:

www.cdc.gov/HandHygiene

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CLEAN HANDS COUNT

FOR HEALTHCARE PROVIDERS IN
LONG-TERM CARE FACILITIES



Protect yourself and your residents from potentially deadly germs.

CLEAN HANDS COUNT

No matter where you work
clean hands count.

Your hand hygiene affects residents wherever they go...



Always clean your hands:

- ▶ Before touching a resident, for example, assisting with personal care or **taking vital signs**
- ▶ Before performing a clean or aseptic task, preparing or **administering an injection** or inserting a catheter
- ▶ Before moving from work on a soiled body site to a clean body site on the same resident
- ▶ After removing a soiled brief and before assisting the resident with clean clothing
- ▶ After body fluid exposure risk or assisting with toileting, **performing wound care** or **performing a finger stick**
- ▶ After direct contact with a resident, between roommates and between residents in a group setting
- ▶ After touching medical equipment or a resident's personal belongings or whenever **leaving a resident's room**

Practice hand hygiene before
and after every resident contact.

When using alcohol-based hand sanitizer:



Did you know...?

- ▶ **Always use gloves when caring for residents with *C. difficile*.** In addition, when there is an outbreak of *C. difficile* in your facility, wash your hands with soap and water after removing your gloves.
- ▶ **For alcohol-based hand sanitizer,** your hands should stay wet for around 20 seconds if you used the right amount.
- ▶ It is estimated that between one and three million **serious infections** occur every year in long-term care facilities.
- ▶ Hand hygiene is critically important to **prevent the spread of harmful bacteria** in nursing homes.

Wearing gloves is not a substitute for hand hygiene.

Dirty gloves can soil your hands. **Always clean your hands** after removing gloves.

It's also important to **remove or change your gloves if:**

- ▶ Gloves are damaged
- ▶ Moving from a contaminated body site to a clean body site
- ▶ Gloves look dirty, or have blood or bodily fluids on them after completing a task

Areas you might miss:

These areas are most often missed by healthcare providers when using alcohol-based hand sanitizer.

