

Hand Hygiene for Group Home and Home Care Settings

Keeping hands clean is the number one way to prevent the spread of germs in group home and home care settings

Clean your hands during these key moments to reduce infection and illness

- ❖ Before and after caring for the individual or touching their immediate surroundings, medical equipment, or personal items (for example, bed linens, bedside table, blood glucose meters and blood pressure cuffs)
- ❖ Before putting on personal protective equipment (for example, gloves and gown) and after removing it
- ❖ Before and after medication preparation and administration by mouth, tube feeding, or injection
- ❖ Before and after procedures (for example, tracheostomy or wound care)
- ❖ After exposure to body fluid like feces, urine, blood, vomit, wounds or saliva
- ❖ Before handling food
- ❖ Before and after eating
- ❖ After going to the bathroom
- ❖ After touching animals



Two types of methods for cleaning hands

Use Alcohol-Based Hand Rub



Rub hands and finger surfaces until dry

OR



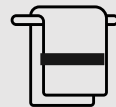
1. Wet hands



2. Lather hands and finger surfaces with soap for 20 seconds



3. Rinse hands



4. Dry hands completely



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