



Hand Hygiene: Protect Yourself And Your Patients

Hand hygiene must be performed:



- Upon entering a patient's home prior to providing care
- At the end of your visit before exiting the home
- Before entering or re-entering the visit or supply bag
- After contact with patient's surroundings



- Before and after direct patient-contact, e.g., touching patients' intact skin, taking a pulse, etc.
- Before preparing medications
- Before documentation on device
- Before donning gloves
- After removing gloves



- Before and after performing a procedure such as wound care
- Before and after handling an invasive device
- After contact, or risk of contact, with body fluids, excretions, mucous membranes, non-intact skin or contaminated items



- Additional circumstances HHAs:
- Before and after making meals or working in the kitchen
- Before and after feeding a client
- Before getting clean linen
- After touching garbage or trash
- After picking up anything from the floor
- Before and after eating
- Before and after using the toilet (use soap and water)
- After blowing nose, coughing or sneezing into your hand
- After touching areas on your body
- Before and after applying makeup
- After any contact with pets or pet care items

Community Health Accreditation Partner (CHAP) will be on site to conduct a full survey of our CHHA, Hospice and Private Pay Partners in Care programs in March of 2022. This informational sheet is in preparation for the survey.



Hand Hygiene: Protect Yourself And Your Patients

Hand washing with soap and water



Wet hands using comfortably warm water



Apply enough soap to cover all surfaces



Rub hands together for 15-20 seconds
covering all surfaces



Rinse with water



Dry hands thoroughly with a towel. If using a
single use paper towel, use it to turn of faucet

Soap and water should be used:

- When hands are visibly dirty
- After using the restroom
- When providing care to a patient with C.Diff (Clostridioides difficile)



The C.diff spore is
not destroyed by
alcohol-based
hand sanitizer.

Using alcohol-based sanitizer



Apply a palm-full of product in a cupped hand



Rub hands together for 15-20 seconds
covering all surfaces



If hands get dry in less than 15-20 seconds,
apply more sanitizer and repeat

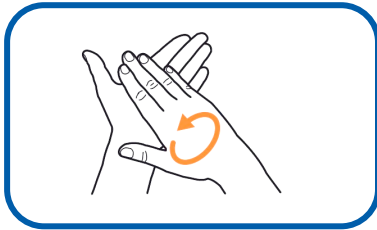
Alcohol-based hand sanitizer:

- Should be used if hands are not visibly dirty
- Should be at least 60% alcohol
- Kills bacteria more effectively and quickly
- Causes less dryness and irritation of skin
- Requires less time for use
- Does not require use of patient sink or running water

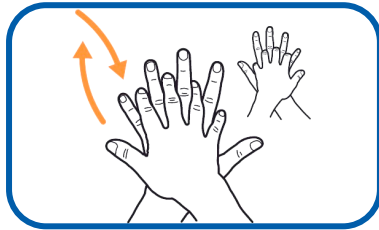


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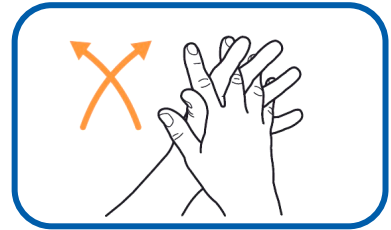
Details for covering all surfaces on hands



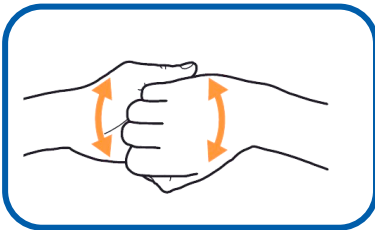
Palm to palm



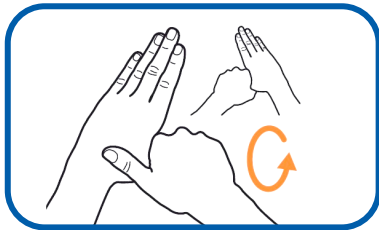
Right palm over back of left hand with interlaced fingers and vice versa



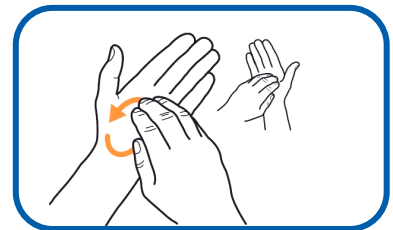
Palm to palm with fingers interlaced



Back of fingers to opposing palm with fingers interlocked



Rotational rubbing of left thumb clasped in right palm in circular motion and vice versa



Rotational rubbing backwards and forwards with clasped fingers of right hand and left palm and vice versa

Additional Information



Do not wear artificial nails

Keep fingernails $\frac{1}{4}$ inch or shorter

To avoid irritant contact dermatitis, use hand lotions or creams