

All Star Home Health Care

BASIC HAND HYGIENE AND INFECTION CONTROL

Good hand hygiene will reduce the risk of things like the flu, food poisoning and spread of germs. This includes using warm water and soap (1st choice) or hand sanitizer (2nd choice). Wash hands for 20 seconds or more.

Wash hands:

- 1) Before and after meal prep and eating.
- 2) Before and after clean dressing changes, cleaning a cut and catheter cares.
- 3) After toilet use. Before and after changing diapers and child/client cares.
- 4) After touching animals, pet food, treats and animal waste.
- 5) After coughing, blowing nose, sneezing. Before and after caring for someone who is sick.

