

One Minute of Learning

A Special Edition for Families



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Wash, Wash, Wash Your Hands...

As we are moving towards communities having safe access for residents, their families and visitors, we know our residents and families accept and work with us to minimize the risk of exposure to and stop the spread of the COVID-19 virus. It is a good opportunity to remind us about Hand Hygiene!

The World Health Organization states that **Hand Hygiene** practices reduce the transmission of pathogenic microorganisms to residents, health care workers and any

member of the general public.

The intent of this One Minute of Learning Newsletter is to remind all of us on the best practices to cleaning our hands.

Remember...

Hand Hygiene is the best way to break the chain of infection and stop the spread of germs

Do it often and make it fun!!



You can always visit our Webpage
www.agecare.ca/Coronavirus
or call (403) 351-8984 for updates.

How to Wash Your Hands

There are lots of great teaching tools and reminders out there on how to perform Hand Hygiene.

AgeCare communities all have posters and reminders on how to wash either with alcohol based hand rubs (ABHR) or good old fashioned soap and water.

Here are a couple of great places to go to refresh your knowledge and your skill on the proper way to perform **Hand Hygiene**.



https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/Information_For/if-hp-ipc-hand-washing.mp4



https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/modules/hh/story.html

When Should You Wash Your Hands? Remember the 4 Moments!!

Hand Hygiene is considered a routine practice in our care industry. This does not change no matter if you are feeling unwell, if you are interacting with anyone or if you are out in public. You must use Hand Hygiene when you are in our community and visiting your loved one.

Hand Hygiene can and will stop the spread of infection!

4 Moments for Hand Hygiene

Use routine practices for all residents at all times. It takes no time at all to learn the best way to prevent the spread of respiratory infections such as Influenza or COVID-19 to yourself or to others by:

- Participate in the screening every time you come into the building
- Wash your hands often and well
- Avoid touching your face, nose, or mouth with unwashed hands
- Do your best to maintain the appropriate social distance when visiting with anyone
- Avoid close contact with people who are sick
- Clean and disinfect any surfaces that are frequently touched
- When sick, cover your cough and



sneezes and then washing your hands

- Stay home when you are sick
- If you are feeling unwell at any point during your visit, notify the nursing staff. It is recommended that you go to the AHS website and complete the COVID-19 screening and possibly get tested.

