

One Minute of Learning

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Wash, Wash, Wash Your Hands...

The World Health Organization states that **Hand Hygiene** practices reduce the transmission of pathogenic microorganisms to residents and Health Care Workers.

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.

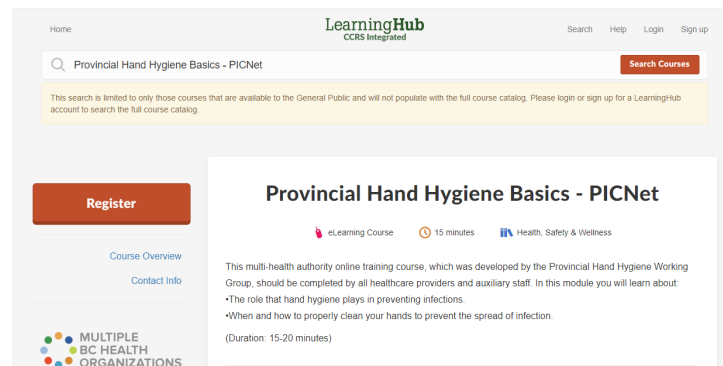
Here are a couple of great places to go to refresh your knowledge and your skill on the proper way to perform **Hand Hygiene**.



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



<https://learninghub.phsa.ca/Learner/CourseDetail?CourseID=5360%20>

When? 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 or have residents are on isolation. Hand Hygiene can and will stop the spread of infection!

4 Moments for Hand Hygiene



Having Fun with Hand Hygiene

Marc Silver with the NPR Music Newsletter wrote an article entitled “My Hand-Washing Song.” In it, he suggests that singing “happy birthday” 337 times a day, could get a little boring. He has gathered a number of different ways and songs you can sing hum, or rap to do while you are washing your hands.

Here is a fun created set of lyrics to use from Annelly Carver, a preschool director:

<https://www.npr.org/sections/goatsandsoda/2020/03/17/81422111/my-hand-washing-song-readers-offer-lyrics-for-a-20-second-scrub>

Corona, Corona,
Don't call me on your phona.
I'm washing, I'm cleansing
There's no way you are
messing...
With me-with me!
I'm healthy as can be!!
Corona, Corona
Stay-away-from-me!!!

Other suggestions to use instead of “Happy Birthday”:

- Say your Alphabet
- Row, Row, Row, Your Boat
- Turn Queen’s “We Will Rock You” into “We Will Wash You.”
- Turn the lyrics for Twinkle, Twinkle, Little Star into...

Twinkle, twinkle little star.
Look how clean my two hands are.
Around my wrists and
between my thumbs,
lace my fingers, I'm almost done.
Twinkle, twinkle little star.
Look how clean my two hands are!"



BEATLES: Yeah you, got that something, I think you'll understand
CDC: It's Covid-19
BEATLES: I wanna hold your hand
CDC: Not advisable
BEATLES: I wanna hold your hand
CDC: No