

# Washing Our Hands

## We Do It for Them

### What You Need to Know

1. Remove your Jewelry
  - Rings, watches, and bracelets
  - There are “nooks and crannies” for germs to hide in making them difficult to clean
  - Keep your jewelry in a safe place while visiting the hospital
2. Roll up your sleeves when Washing
  - We often cough and sneeze into our sleeves and forearms
  - Keep them clean too
3. Proper Nail Care
  - Keep nails short and avoid using synthetic nails while visiting the hospital
  - Longer finger nails (both natural and synthetic) are difficult to keep free of germs



4. Remember!
  - There is no 5 second rule
  - If something falls on the floor, please leave it there

### When to Wash your Hands

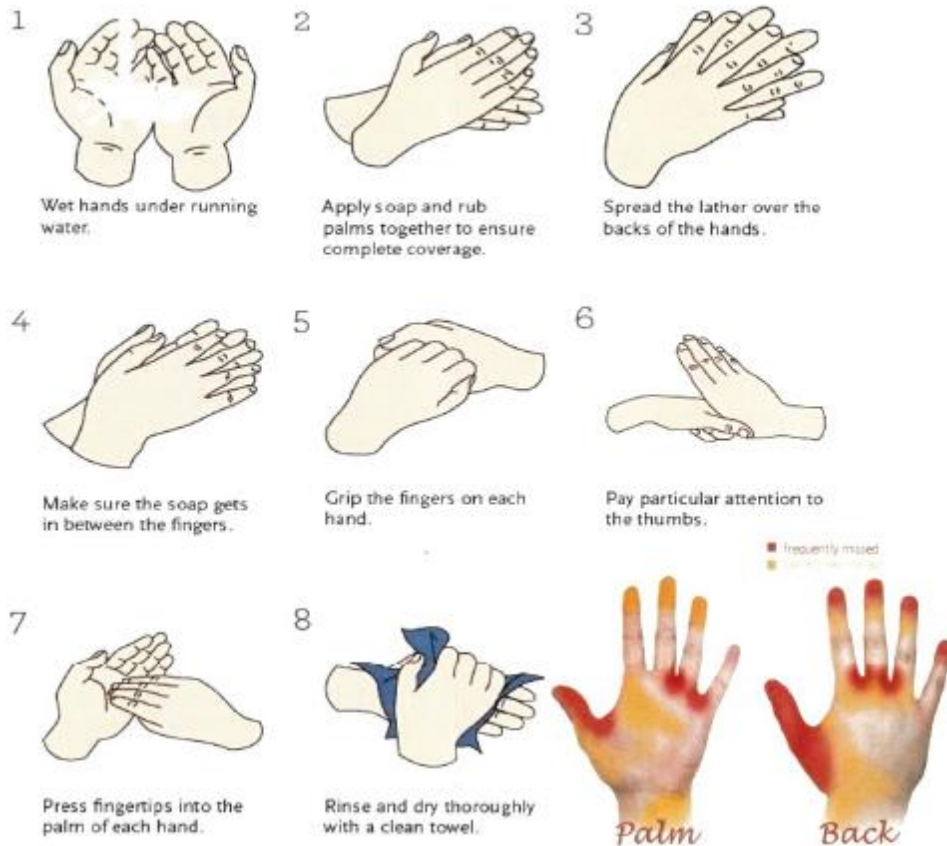
1. Every time you visit the Stollery
  - a. This helps control the introduction of germs to patients
  - b. Follow the instructions at the hand washing station or in this pamphlet
2. Before Visiting Patients
  - a. A wipe down with hand sanitizer helps catch anything you may have missed
  - b. Hand sanitizers are placed on each ward for your convenience
  - c. If you are visiting for a while, repeated washing with soap can irritate your skin
3. After Using your Phone or Camera
  - a. These devices come in contact with our hands and faces which exposes them to lots of germs
  - b. It is important to wash after each and every use



4. After you Touch your Face
  - a. Your mouth, nose, and eyes harbour germs that may be harmful to patients even if you are not sick

### How to Wash your Hands

- Remove your jewelry
- Roll up your sleeves
- Wash for 30 seconds as shown



### Why is Hand Hygiene Important?

Each year in Canada 8,000 to 12,000 patients die as a result of complications of healthcare associated infections.

Hand Hygiene is the single most important way to reduce the risk of transmitting germs.

Frequent and proper hand washing is crucial in preventing healthcare associated infections. They are often referred to as “superbugs,” including:

- **MRSA** – Methicillin Resistant Staphylococcus
- **VRE** – Vancomycin Resistant Enterococci
- **C.Diff**- Clostridium Difficile

Please remember to **CLEAN YOUR HANDS!** And Remind us too!

**Created by:**

The NICU Family Advisory Care Team (FACT)

The information presented in this pamphlet has been created by parents, for parents.

Having a loved one in the Stollery can be an overwhelming experience. We must remember that everyone in the hospital holds the health of our patients in their hands.

Please be considerate and diligent in keeping your hands clean.



**For further information visit:**

**[Stollery Family Centred Care Network and the NICU FACT](#)**