

# Hand Hygiene Information for Volunteers



1. A good hand hygiene program is the best defense against transmission of germs from us to our patients and others, and them to us.
2. Hand hygiene should be performed before and after any contact with a patient, before and after gloves are worn, anytime hands become soiled and always after bathroom use.
3. **Soap and water** must be used whenever hands are in contact with something that soils them ie: food, dirt, blood etc. and always after bathroom use. Constant hand washing dries out your hands and can leave them cracked providing nice little trenches for bacteria to hide, therefore.....
4. **Foaming** is, except for the above circumstances the best choice. It is readily available, kills germs instantly and leaves an emollient on your hands that keep them healthy.
5. Where possible foam your hands in front of the patient so that they can see that you have done so. They like that and it helps to make it a habit for you.
6. When foaming squirt a golf ball size into the palm of one hand, spread the foam everywhere including the back of the hands and up both thumbs (the most commonly missed place).
7. You cannot over foam so feel free to use it liberally and if you find there are places that foam is not available please let someone in that area know and it can be added.
8. Gloves should be worn anytime you suspect contact with body fluids, be removed immediately and hand hygiene performed.
9. Please feel free to contact the Infection Control dept. with any questions or concerns at 1745. For example if a staff member tells you to transport a patient who is in isolation or for any situation where you feel Infection Control should be notified please call Ext 1745.