

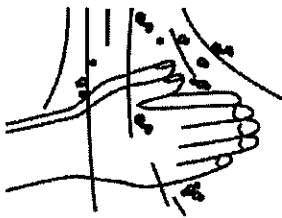
Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for at least 15 seconds

1



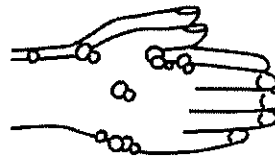
Wet hands with warm water.

2



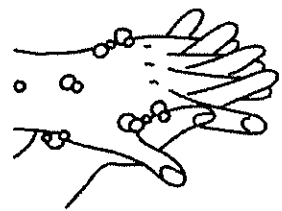
Apply soap.

3



Lather soap and rub hands palm to palm.

4



Rub in between and around fingers.

5



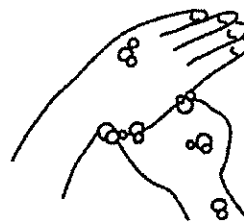
Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



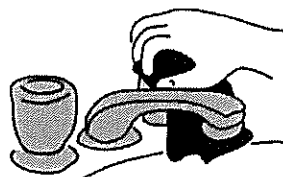
Rinse thoroughly under running water.

9



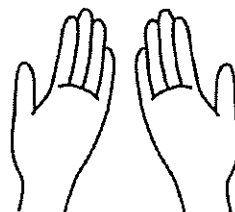
Pat hands dry with paper towel.

10



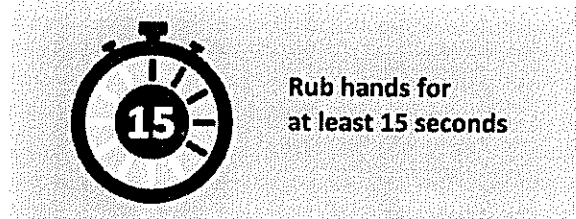
Turn off water using paper towel.

11



Your hands are now clean.

How to use hand sanitizer

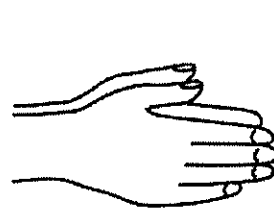


1



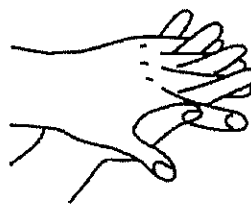
Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



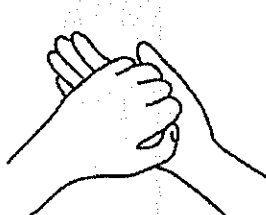
Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



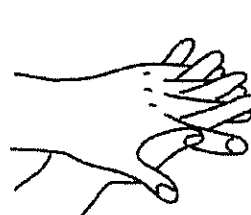
Rub fingertips of each hand in opposite palm.

6



Rub each thumb clasped in opposite hand.

7



Rub hands until product is dry. Do not use paper towels.

8



Once dry, your hands are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

©Queen's Printer for Ontario, 2020

Ontario 

HOW TO WEAR A MASK

The following is the guideline on how to wear your mask:

1. Wash your hands!
2. Apply your mask over both ears and pull the bottom right over your chin. Pull it over your nose and pinch the nose area tight.
3. You can remove it on break when eating and ensure you are social distancing from others.
4. To remove your mask: a) WASH YOUR HANDS! B) remove mask from your ear loops. Don't touch the inside of the mask. If you do, wash your hands and do not touch your face.
5. If you accidentally touch the outside of your mask while wearing it, WASH YOUR HANDS immediately.
6. If you need a new mask please ask either the screener or the RN for a replacement.

HAND HYGIENE IS THE SINGLE, MOST EFFECTIVE WAY TO MINIMIZE TRANSMISSION.

REFERENCES

MOHLTC, Just Clean your Hands Campaign
Public Health Ontario, Best Practices for Hand Hygiene
Fire safety regulations

THE FOUR MOMENTS

Before resident/environment contact

1. Before any procedure
2. After body fluid exposure risk
3. After resident/environment contact

Hands **must** be washed;

1. Before and after putting on and taking off gloves
2. Between direct contact with residents
3. Before performing any procedures
4. Before caring for residents who are immunocompromised
5. Before eating food
6. When hands are visibly soiled
7. After contact with a resident's bodily fluids
8. After using the washroom or blowing one's nose
9. WHENEVER IN DOUBT

PROCEDURE

HOW TO HANDWASH

1. Wet hands with warm water.
2. Apply soap
3. Lather soap and rub hands palm to palm, in between and around fingers for 15 seconds
4. Rub the back of each hand with palm of other hand for 5 seconds
5. Rub fingertips of each hand in opposite palm for 5 seconds
6. Rub each thumb clasped in opposite hand for 5 seconds
7. Rinse thoroughly under running water
8. Pat hands dry with paper towel
9. Turn off water using paper towel

HOW TO HANDRUB – (Preferred method when hands are not visibly soiled)

1. Apply 1 to 2 pumps of product to palms of dry hands
2. Rub hands together, palm to palm
3. Rub between and around fingers and rub back of each hand with palm of other hand for 15 seconds
4. Rub fingertips of each hand in opposite palm for 5 seconds
5. Rub each thumb clasped in opposite hand for 5 seconds
6. Rub hands until product is dry. Do not use paper towels

**ALCOHOL RUB DISPENSERS ARE LOCATED IN THE HALLWAYS
THROUGHOUT THE HOME AS WELL AS IN EVERY RESIDENT'S ROOM.**

RESPIRATORY ETIQUETTE

1. Cover your coughs and sneezes
2. Turn away from others when coughing
3. Use your sleeve or a tissue
4. If you use a tissue, discard tissue in a garbage
5. WASH YOUR HANDS.

REMOVING PERSONAL PROTECTIVE EQUIPMENT

1

REMOVE GLOVES



2

REMOVE GOWN



3

**PERFORM HAND
HYGIENE**



4

**REMOVE EYE
PROTECTION**



5

**REMOVE MASK OR
N95 RESPIRATOR**



6

**PERFORM HAND
HYGIENE**



PUTTING ON PERSONAL PROTECTIVE EQUIPMENT

1

PERFORM HAND
HYGIENE



2

PUT ON GOWN



3

PUT ON MASK OR
N95 RESPIRATOR



4

PUT ON EYE
PROTECTION



5

PUT ON GLOVES



Public
Health
Ontario

PARTNERS FOR HEALTH

Santé
publique
Ontario

PARTENAIRES POUR LA SANTÉ



Ontario

Agency for Health
Protection and Promotion
Agence de protection et
de promotion de la santé



www.publichealthontario.ca

The following videos are recommended by Public Health:

- **Video entitled [Putting on Full Personal Protective Equipment.](#)**
- **Video entitled [Taking off Full Personal Protective Equipment.](#)**
- **Video entitled [How to Hand Wash.](#)**