

## PRESENTATION 4

# Hand Hygiene: The Importance of Cleaning Hands Refresher For School and Child Care Settings

Public Health Ontario

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# Objectives

- To review the role of cleaning your hands in preventing the spread of COVID-19
- To review proper technique for cleaning your hands and some tips for hand care

# What is Hand Hygiene? How Does it Work?

Hand hygiene is a general term referring to any action of hand cleaning. This can be achieved by:

- using alcohol-based hand rub (ABHR) (60-90% alcohol concentration) and when done correctly, microorganisms are killed in seconds.
- using soap and water and when done correctly, removes organisms from hands. This is the preferred method when hands are visibly soiled.



Ontario Agency for Health Protection and Promotion (Public Health Ontario). Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/b/2014/bp-hand-hygiene.pdf?la=en>

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Hand hygiene for health care settings [Internet]. Toronto, ON: Queen's Printer for Ontario; 2013 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/h/2013/hand-hygiene-hcs.pdf?la=en>

## When Should You Clean Your Hands? (1/2)

- Before and after touching your mask and eating/drinking
- Before and after removing facial PPE
- Before and after glove use
- Before and after play and/or use of shared equipment/toys
- Before and after playground use/outdoor activities

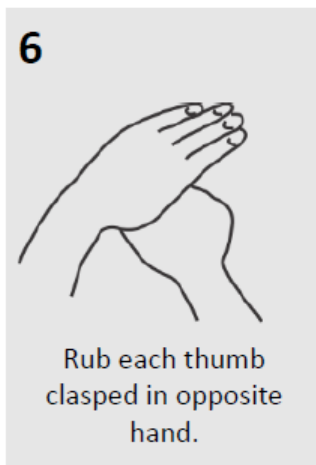
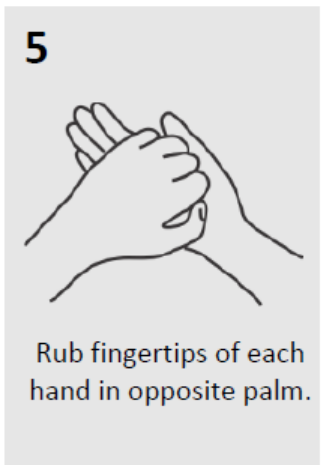
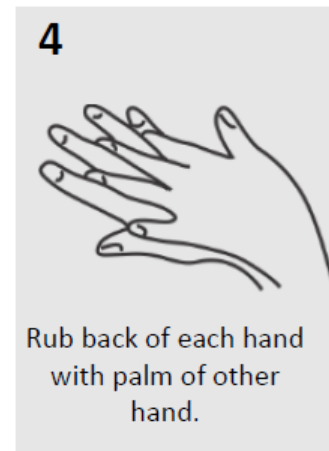
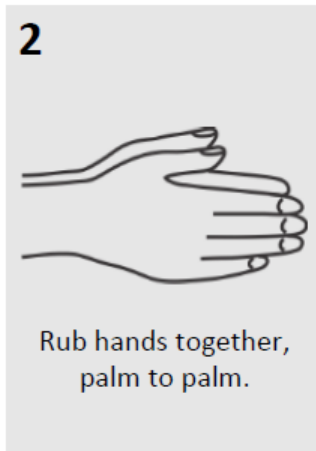
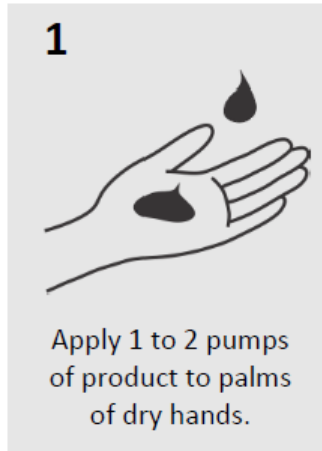
Ontario Agency for Health Protection and Promotion (Public Health Ontario). Schools and COVID-19 [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/sch/2020/12/covid-19-faq-schools.pdf?la=en>

## When Should You Clean Your Hands? (2/2)

- After using the washroom or assisting a student/child with toileting
- After blowing your nose or assisting a student/child to blow their nose
- When returning inside from an outdoor activity (e.g. recess or physical education)
- After coughing or sneezing
- Additional scheduling for cleaning hands can be considered as needed

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Schools and COVID-19 [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/sch/2020/12/covid-19-faq-schools.pdf?la=en>

# How Should Hands Be Cleaned When Using Hand Sanitizer (ABHR)?



Source: Ontario Agency for Health Protection and Promotion (Public Health Ontario). Coronavirus disease 2019 (COVID-19): how to wash your hands / how to use hand sanitizer [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

# How Should Hands Be Cleaned when Using Soap and Water?



Source: Ontario Agency for Health Protection and Promotion (Public Health Ontario). Coronavirus disease 2019 (COVID-19): how to wash your hands / how to use hand sanitizer [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>



# Hand Hygiene and Respiratory Etiquette: Points to Remember

## Hand Hygiene

- Use liquid soap and water or ABHR (60%-90% alcohol)
- Before putting on PPE
- When taking off PPE (including between steps)
- Rub hands actively for at least 15 seconds
- Avoid touching your face, nose and mouth with unwashed hands.

## Respiratory Etiquette

- Cough and sneeze into a tissue, elbow or sleeve and clean hands afterwards
- Avoid touching your face, nose and mouth with unwashed hands

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

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Cover your cough [Internet]. Toronto, ON: Queen's Printer for Ontario; 2013 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/C/2013/clincial-office-cough-signage.pdf>

# Hand Care: Points to Remember

- Intact skin is the body's first line of defense against infection
- Look at hands regularly at home for dry cracked skin and apply creams or moisturizers to keep skin healthy.
- Ensure hands are completely dry before putting on gloves.



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

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Protecting your hands fact sheet for health care providers [Internet]. Toronto, ON: Queen's Printer for Ontario; 2009 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/j/2009/jcyh-hand-care-assessment.pdf?la=en>

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Recommendations for the prevention, detection and management of occupational contact dermatitis in health care settings. Toronto, ON: Queen's Printer for Ontario; 2019. Available from: <https://www.publichealthontario.ca/-/media/documents/g/2019/guide-occupational-dermatitis.pdf?la=en>

# For More Information ...

## Public Health Ontario resources:

- [Best Practices for Hand Hygiene in All Health Care Settings, 4th edition](#)
- [Coronavirus Disease 2019 \(COVID-19\): How to wash your hands / How to use hand sanitizer](#)
- [Hand Hygiene for Health Care Settings](#)
- [Recommendations for the Prevention, Detection and Management of Occupational Contact Dermatitis in Health Care Settings](#)
- [COVID-19 Preparedness and Prevention in Elementary and Secondary \(K-12\) Schools Checklist](#)

## Other resources:

- [Protecting Your Hands Fact Sheet for Health Care Providers](#)

## How Did We Do?



PHO would appreciate your thoughts on these presentations.

Please visit PHO's school resources webpage to access and complete a short survey.

**For More Information About This Presentation, Contact:**

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**PublicHealthOntario.ca**