

# Presentations for Schools and Child Care Settings: **Hand Hygiene**

Transcript: Presentation 4 of 6

September 2021

# Slide 1

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The slide features the Public Health Ontario and Santé publique Ontario logos at the top left. The main content is set against a blue background with a white diagonal stripe on the right side. The text is centered and includes the presentation title and date.

Public Health Ontario | Santé publique Ontario

**PRESENTATION 4**  
**Hand Hygiene: The Importance of Cleaning Hands**  
Refresher For School and Child Care Settings

Public Health Ontario  
September 2021

This presentation is intended to provide a review of the importance of cleaning your hands. You may also hear the term hand hygiene.

## Slide 2

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## Slide 3

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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

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There are two objectives for this presentation:

- 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.

# Slide 4

## 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?a=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?a=en>

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- Being in close contact with others is a driver of transmission. Implementing a multi-layer approach to preventing transmission is important and hand hygiene is one of those approaches. No single measure should be relied on by itself.
- Hand hygiene helps protect you from getting sick and protects others by preventing the spread of the virus that causes COVID-19 by your hands and
- When done correctly using alcohol-based hand rub (ABHR) (60-90% alcohol concentration) microorganisms are killed in seconds
- When done correctly using soap and water organisms are removed from the hands. This is the preferred method when hands are visibly soiled.
- ABHR is faster and more effective than washing hands with soap and water (even with an antibacterial soap) when your hands are not visibly soiled
- *A note on nails and jewellery:* Long nails are difficult to clean, can pierce gloves and harbour more microorganisms than short nails. Keep nails clean and short.
- *Jewellery:* Hand and arm jewellery hinder hand hygiene. Rings increase the number of microorganisms present on hands and increase the risk of tears in gloves. Arm jewellery, including watches, should be removed or pushed up above the wrist before performing hand hygiene.

# Slide 5

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## 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>

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This slide provides an overview of indications for cleaning hands:

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

Cleaning your hands often is essential in reducing the potential for illness to be transmitted from one person to another.

## Slide 6

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### 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?ja=en>

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- This slide provides examples of activities after which hands should be cleaned, such as after using the washroom or assisting a student/child with toileting; after blowing your nose or assisting a student/child to blow their nose and when returning inside from an outdoor activity (e.g. recess or physical education)
- There may be a need to clean hands more frequently; consider as needed.
- Cleaning your hands often and when indicated is essential in reducing the potential for illness to be transmitted from one person to another.
- Hand sanitizer should be available and easily accessible in all classrooms. Safe placement of alcohol based hand rub to avoid consumption or inappropriate exposure is important, especially for young children.

## Slide 7



- This slide provides a visual step by step of how to clean your hands, using alcohol based handrub, also referred to as ABHR:
  - Apply 1 to 2 pumps of product to palms of dry hands
  - Rub hands together, palm to palm
  - Rub in between and around fingers
  - Rub back of each hand with palm of each hand
  - Rub fingertips of each hand in opposite palm
  - Rub each thumb clasped in opposite hand
  - Rub hands until product is dry
  - Do not use paper towels
  - Once dry, your hands are clean
- Ensure you scrub your hands for at least 15 seconds, about the time it takes to hum the "Happy Birthday" song from beginning to end two times
- Pay attention to all surfaces of the hands and fingers, including the tops of hands.

# Slide 8



- This slide provides a visual step by step of how to clean your hands, using soap and water:
  - Wet hands with warm water
  - Apply soap
  - Lather soap and run hands palm to palm
  - Rub in between and around fingers
  - Rub back of each hand with palm of other hand
  - Rub fingers of each hand in opposite palm
  - Rub each thumb clasped in opposite hand
  - Rinse thoroughly under running water
  - Turn off water using paper towel
  - Your hands are now clean
- Ensure you scrub your hands for at least 15 seconds, about the time it takes to hum the "Happy Birthday" song from beginning to end two times.
- Pay attention to all surfaces of the hands and fingers, including the tops of hands. Paper towels are preferred for drying hands.

# Slide 9

**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?r=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/clinical-office-cough-signage.pdf>

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The following slide highlights a few points to remember with respect to hand hygiene and respiratory etiquette.

Respiratory etiquette is a term used to describe infection prevention and control (IPAC) measures to decrease the transmission of respiratory illness. Proper cough and sneeze etiquette, such as coughing and sneezing into a tissue, elbow or sleeve, followed by cleaning your hands with ABHR/soap and water, can also help to reduce the potential for transmission of illness.

# Slide 10

## 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>

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- Intact skin is the body's first line of defense, a physical barrier, against infection.
- Soap, water and other hand washing products often contain detergents which can be drying to hands.
- Take care of your hands – check them regularly for dry cracked skin and apply creams or moisturizers to keep your skin healthy.
- Ensure hands are completely dry before putting on gloves.

# Slide 11

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**For More Information ...**

**Public Health Ontario resources:**

- [Just Clean Your Hands](#)
- [How to Clean Your Hands with Soap and Water or Alcohol-based Hand rub](#)
- [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](#)
- [Coronavirus Disease 2019 \(COVID-19\) Cold Weather Tips for Schools](#)

**Other resources:**

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

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If you would like more information, please see the list of resources here.

# Slide 12

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**How Did We Do?**



PHO would appreciate your thoughts on these presentations.

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PHO would appreciate your thoughts on these refresher presentations. Please visit PHO's school resources webpage to access and complete a short survey.

## Slide 13

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

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Public Health Ontario keeps Ontarians safe and healthy. Find out more at  
[PublicHealthOntario.ca](http://PublicHealthOntario.ca)

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If you have questions, please email [communications@oahpp.ca](mailto:communications@oahpp.ca). Thank you!