

Hand Hygiene¹

- Frequent hand hygiene will help to reduce the risk of infection transmission
- Ensure **everyone**, including staff, service users and visitors have access to hand washing facilities.
- Alcohol-based hand rub (ABHR) which must contain **60-80% alcohol** can be used if hands are not visibly dirty or soiled

Hand Hygiene Must be performed after any activity or contact that potentially results in hands becoming contaminated including:

- before leaving home
- on arrival at work
- immediately before every episode of care
- after removal of personal protective equipment (PPE),
- contact with the environment
- equipment decontamination
- handling waste
- after using the toilet
- after breaks and activities
- before food preparation
- before eating any food, including snacks
- before leaving work and
- on arrival at home

Respiratory Hygiene

- Avoid touching mouth, nose and eyes.
- Disposable single use tissues should be used to cover the nose and mouth when sneezing,
- Dispose of used tissues nearest foot operated waste bin and perform hand hygiene.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



NHS

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https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/880274/Admission_and_Care_of_Residents_during_COVID-19_Incident_in_a_Care_Home.pdf