

# Ebola CAREgiver Training

Melinda Reed, RN BSN, Jason Sanders, RN BSN, Adriana Derrah, RN BSN, Teresa Taylor, RN BSN, Jeanne Taylor, RN

# Introduction

Melinda Reed, RN BSN

Owner, No Worries Corporation

# A Caregiver's Request for Help

**From:** Rose

**Sent:** Tuesday, August 12, 2014 3:08 PM

**To:** Stacy-Scheduling Coordinator

**Subject:** RE: Are you ok?

Hi Stacy, please thank everyone for all the prayers and warm love. You guys just know what to give me on all of my crying days... I humbly appreciate all the love and compassion.

This message is for Jason, yes there's something you can do for me!!!

I need you to please help me... To get gloves hand sanitizers, masks, surgery gowns. To send it to Africa... People are dying ... I'm talking to people to see how I can be a help. I have picked up medical things and took it to the organization of Liberian Work Groups and donate it there. Please everyone be a helping hand.

# We Take Care of Our Clients...



# And We Take Care of Each Other

# NoWorriesCARE.com

## Ebola CAREgiver Training

- PowerPoint with instructor comments
- Handouts including Policies
- Quiz with answer key

## Ebola How to Prepare Your Organization

- PowerPoint with instructor comments
- Handouts including Policies

# Training Not Just for Ebola

- Do we ever expect to see a person with Ebola in our community? **NO!**
- We do see Clients with:
  - Norovirus**
  - MRSA**
  - C-diff**
  - Influenza**
  - Hepatitis**
  - HIV**

# What does “CAREgiving” refer to...

- **Commit to Safety**
  - Taught by Safety Committee Chair and Registered Nurse, Adriana Derrah
- **Access Information**
  - Taught by the Owner of No Worries and Registered Nurse, Melinda Reed
- **Respond to Risks**
  - Taught by Nursing Manager and Registered Nurse, Jason Sanders
- **Educate Everyone**
  - Taught by Education Director and Registered Nurse, Teresa Taylor
- **Quiz for CEUs**
  - Client Services Supervisor and Registered Nurse, Jeanne Taylor

# Continuing Education

Jeanne Taylor, RN  
Client Services Supervisor





# Commit to Safety

Adriana Derrah, RN BSN

Client Services Supervisor, Safety Committee Chair

# Standard (Universal) Precautions

Commit  
to  
Safety



## Standard Precautions

- Previously called Universal Precautions
- Assumes blood and body fluid of ANY patient could be infectious
- Recommends PPE and other infection control practices to prevent transmission in any healthcare setting
- Decisions about PPE use determined by type of clinical interaction with patient

PPE Use in Healthcare Settings

# Hand Washing

## Commit to Safety

- “Most health care-associated infections are preventable through good hand hygiene-cleaning hands at the right times and in the right way.”
- Are you practicing Standard Precautions when providing CARE with No Worries?

Do you wash your hands when...

# Do You Wash Your Hands When...

Commit  
to  
Safety

- arriving at a client's home?



# Do You Wash Your Hands...

Commit  
to  
Safety

- before preparing food?



# Do You Wash Your Hands...

Commit  
to  
Safety

- after assisting with a meal?



# Do You Wash Your Hands...

Commit  
to  
Safety

- before and after *you* eat?





# Do You Wash Your Hands...

Commit  
to  
Safety

- before & after you use the restroom?





# Do You Wash Your Hands...

Commit  
to  
Safety

- before leaving your client's home?



# Personal Protective Equipment

Commit  
to  
Safety



# PPE available in the Client bag



# When to Use PPE

Commit  
to  
Safety



## Job Hazard Analysis for PCAs

Personal Protective Equipment To Be Used:

| Task to be performed  | Gloves* | Gown with sleeves | Plastic Apron | Mask w/ Face Shield | Paper Towels | Hazardous Waste Bag | Microbial Wipes |
|---|---------|-------------------|---------------|---------------------|--------------|---------------------|-----------------|
| Bathing (Bed, Tub or Shower) Plastic apron is optional  | X       |                   | X             |                     |              |                     |                 |
| Blood Smears/Spills   | X       |                   |               |                     |              | X                   | X               |
| Bowel Care (gown or apron is needed for severe cases)   | X       | X                 | X             |                     |              |                     |                 |
| Catheter: emptying urinary drainage bag   | X       |                   |               |                     | X            |                     |                 |
| Diabetic Care (CBGs and Insulin Administration)   | X       |                   |               |                     |              |                     |                 |
| Dusting (for caregivers with asthma, allergies, etc.)   |         |                   |               | X                   |              |                     |                 |
| Incontinent care( gown or apron for severe cases)   | X       | X                 | X             |                     |              |                     |                 |
| Laundry soiled with body fluids (gown or apron for severe cases)  | X       | X                 | X             |                     |              |                     |                 |
| Measuring and recording urinary output  | X       |                   |               |                     |              |                     |                 |
| Oral Hygiene (includes denture care)  | X       |                   |               |                     |              |                     |                 |
| Pet Care: Cleaning litter box   | X       |                   |               | X                   |              |                     |                 |
| Pet care: Picking up dog feces  | X       |                   |               |                     |              |                     |                 |
| Shaving client  | X       |                   |               |                     |              |                     |                 |
| Taking oral temperature   | X       |                   |               |                     |              |                     |                 |
| Toileting client with a bedpan, bedside commode or urinal   | X       |                   |               |                     |              |                     |                 |
|   |         |                   |               |                     |              |                     |                 |
| *Gloves should be worn if the client has draining wounds, non-intact skin, or you will have contact with blood or body fluids including mucous. Notify Supervisor if unsure or if a task isn't listed.* |         |                   |               |                     |              |                     |                 |
|   |         |                   |               |                     |              |                     |                 |

# PPE (Personal Protective Equipment)

Commit  
to  
Safety

- Here's what you'll find in your PPE kit:
  - Gown
  - Gloves
  - Mask with face shield
  - Biohazard bag
  - Paper towels
  - Hand Sanitizer

# How to Use PPE

## Commit to Safety

- Step 1: Determine contaminated and non-contaminated areas
  - Have a garbage can both inside and right outside the contaminated area



# How to Use PPE

Commit  
to  
Safety

- Step 2: Wash Your Hands



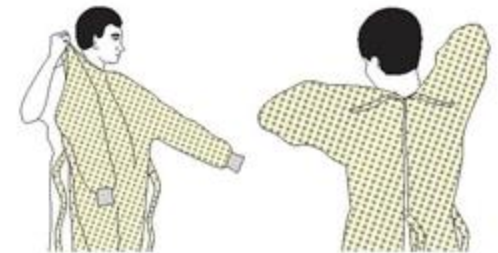
# How to Use PPE

Commit  
to  
Safety

- Step 3: Put on the gown
  - Put arms through sleeves so the ties are in the back
  - Fasten ties around the waist, then around the neck

## 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist





# How to Use PPE

Commit  
to  
Safety

- Step 4: Put on the Mask
  - Secure elastic bands behind ears
  - Pinch flexible band around the bridge of the nose
  - Pull bottom of mask below chin

## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



# Putting on the mask



# How to Use PPE

Commit  
to  
Safety

- Step 5: Put on Gloves
  - Make sure you have the proper size of glove
  - Extend the gloves over hands and cover the gown at the wrist
  - Change gloves if heavily soiled

## 4. GLOVES

- Extend to cover wrist of isolation gown



# How to Remove PPE

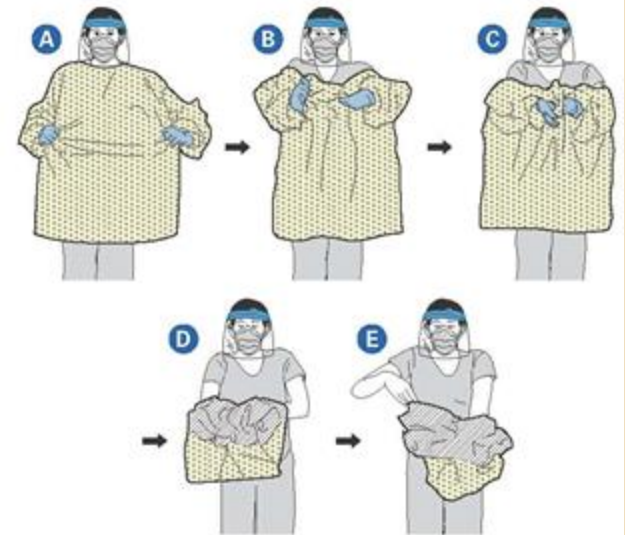
Commit  
to  
Safety

- **Step 1: Take off Gown & Gloves**

- Grab the front of gown and pull away from body so the ties break
- Roll gown inside-out
- Pull off gloves as you remove gown

## 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



# How to Remove PPE

Commit  
to  
Safety

- Step 2: Remove Mask
  - Remove mask touching the elastic bands *only*
  - Discard in biohazard bag

## 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



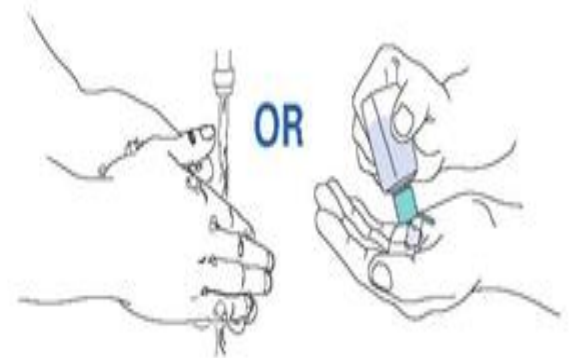


# How to Remove PPE

Commit  
to  
Safety

- Step 3: Wash Your Hands!
  - Use soap and water or an alcohol-based hand sanitizer
  - Not washing your hands after removal of PPE cancels out ever having worn the PPE at all!

4. WASH HANDS OR USE AN  
ALCOHOL-BASED HAND SANITIZER  
IMMEDIATELY AFTER REMOVING  
ALL PPE



# Access Information

Melinda Reed, RN BSN

Owner, No Worries Corporation

# Ebola

## Access Information





# What is Ebola?

## Access Information

### Ebolavirus Ecology

#### Enzootic Cycle

New evidence strongly implicates bats as the reservoir hosts for ebolaviruses, though the means of local enzootic maintenance and transmission of the virus within bat populations remain unknown.

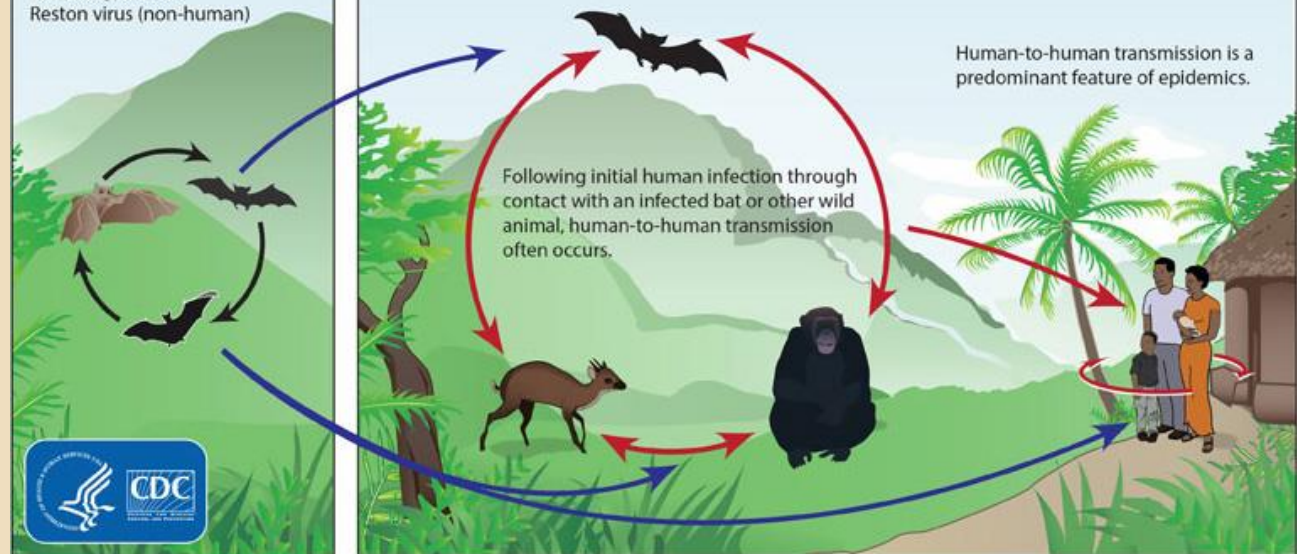
#### Ebolaviruses:

- Ebola virus (formerly Zaire virus)
- Sudan virus
- Tai Forest virus
- Bundibugyo virus
- Reston virus (non-human)

#### Epizootic Cycle

Epizootics caused by ebolaviruses appear sporadically, producing high mortality among non-human primates and duikers and may precede human outbreaks. Epidemics caused by ebolaviruses produce acute disease among

humans, with the exception of Reston virus which does not produce detectable disease in humans. Little is known about how the virus first passes to humans, triggering waves of human-to-human transmission, and an epidemic.



# How Do You Get Ebola?

## Access Information

### How do you get the Ebola virus?

Direct contact with

- 1 Body fluids of a person who is sick with or has died from Ebola.**  
(blood, vomit, pee, poop, sweat, semen, spit, other fluids)
- 2 Objects contaminated with the virus** (needles, medical equipment)
- 3 Infected animals** (by contact with blood or fluids or infected meat)

# When is Someone Able to Spread Ebola?

## Access Information

### When is someone able to spread the disease to others?

**Ebola only spreads when people are sick.**

A patient must have symptoms to spread the disease to others.



| MONTH |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
|       |    | 1  | 2  | 3  | 4  | 5  |
| 6     | 7  | 8  | 9  | 10 | 11 | 12 |
| 13    | 14 | 15 | 16 | 17 | 18 | 19 |
| 20    | 21 | 22 | 23 | 24 | 25 | 26 |
| 27    | 28 | 29 | 30 | 31 |    |    |

**After 21 days,** if an exposed person does not develop symptoms, they will not become sick with Ebola.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

CS250631

# World Health Organization states:

## Access Information

“Men who have recovered from the illness can still spread the virus to their partner through their semen for up to 7 weeks after recovery. For this reason, it is important for men to avoid sexual intercourse for at least 7 weeks after recovery or to wear condoms if having sexual intercourse during 7 weeks after recovery.”

# What are the Symptoms of Ebola?

Access  
Information

## Early Symptoms

Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.

- **Fever**
- **Headache**
- **Diarrhea**
- **Vomiting**
- **Stomach pain**
- **Unexplained bleeding or bruising**
- **Muscle pain**

# What is the Treatment for Ebola?

Access  
Information



# Respond to Risks

Jason Sanders, RN BSN

Client Services Supervisor, Nursing Manager



# Know the Risks

## Respond to Risks

### Facts *about* **Ebola** in the U.S.

You can't get Ebola  
through air



You can't get Ebola  
through water



You can't get Ebola  
through food



You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.



CS200566



# Pay attention to what people say...

## Respond to Risks

- “I just got back from a recent trip to West Africa”
- “We had a visit from a friend/family member that has been in West Africa”
- “I’m not feeling well and may be getting a fever”

# Respond with a plan!

Respond  
to Risks



# New Policies & Forms

## Respond to Risks



### Start of Shift Procedure

**It is everyone's responsibilities to ensure the best care for every client. The following procedure will help meet this goal by making certain that every caregiver has the most up to date information for their client.**

1. **Arrive for your shift on time** to allow the outgoing caregiver to give you a good report and to count controlled substances if in use
2. **Review the Service Plan** at the beginning of each shift. Note sleeping and eating schedules. These will help you plan your day. Note items such as hearing aids, glasses, and other assistive devices that need to be used
3. **Review the Medication Administration Record (MAR)** at the beginning of every shift if in use. Note what times medications are to be given. Check the mediset slots for your entire shift against the MAR. Doing this early in the shift will prevent administration delays and last minute phone calls for incorrect/missing medications. Sign and initial the bottom of the MAR if this is your first visit to the house that month
4. **Review the PRN medications** at the beginning of each shift. Looking over these will give you a better understanding of your client's medical status and will prepare you for medical complications such as chest pain, shortness of breath, or constipation. Sign and initial the bottom of the sheet if this is your first visit to the house that month
5. **Review all flow sheets** at the beginning of each shift and note what times procedures are to be done. If the Service Plan indicates that we chart bowel movements (BM), note the last time the client had a BM. Sign and initial the bottom of the sheets if this is your first visit to the house that month
6. **Review the daily charting notes** for the past week or since your last shift (whichever is shorter). These notes will tell you how the client is doing, if there are problems or concerns to be aware of, and if there are any planned activities
7. **Wash hands before performing client care.** By thoroughly washing hands with soap and warm water, we significantly reduce the risk spreading infectious illness.

I have reviewed the Start of Shift Procedure and a copy has been provided to me for use at client homes. I understand that I am responsible for following the procedure and for reporting changes to my supervisor immediately.

Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

# New Policies & Forms

## Respond to Risks



### End of Shift Procedure

It is everyone's responsibilities to ensure the best care for every client. The following procedure will help meet this goal by making certain that every caregiver has the most up to date information for their client.

1. **Clean and sanitize all durable medical equipment that has been used during the shift.** By wiping down walkers, lifts, commodes and other durable medical equipment with approved sanitizer, we are greatly reducing the risk of spreading infectious illness to our co-workers, clients and their family members.
2. **Wash hands after performing client care.** By thoroughly washing hands with soap and warm water, we significantly reduce to the risk spreading infectious illness.
3. **Complete the daily charting note for your shift.** Be sure to document all care that was completed or offered to your client on the front check list and complete the narrative on the back using only objective information.
4. **Review the Medication Administration Record (MAR)** at the end of every shift. Be sure that you have signed for all medications that you administered. Notify a No Worries supervisor if there are any discrepancies.
5. **Review the PRN medications** at the end of each shift. Be sure that any PRN medications you have administered have been documented and signed. Use this information to complete the controlled substance count.
6. **Review all flow sheets** at the end of each shift and be sure that you have signed for all tasks that you have completed. If the Service Plan indicates that we chart bowel movements (BM), document the size and consistency of all BMs during your shift using the exceptions report if needed.
7. **Call the office if the client chooses to send you home early or asks you to stay longer.**
8. **Report your name, the date, your client's name, time worked, any mileage and where you drove to No Worries Time Line (503) 968-9099.**

I have reviewed the End of Shift Procedure and a copy has been provided to me for use at client homes. I understand that I am responsible for following the procedure and for reporting changes to my supervisor immediately.

Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

# New Policies & Forms

## Respond to Risks

| Initials |  |  | Start of Shift Checklist  |
|----------|--|--|---------------------------|
|          |  |  | Arrived on time           |
|          |  |  | Reviewed Service Plan     |
|          |  |  | Reviewed MAR              |
|          |  |  | Checked Mediset           |
|          |  |  | Reviewed PRN meds         |
|          |  |  | Reviewed Flow Sheets      |
|          |  |  | Read past weeks' charting |
|          |  |  | Wash hands before care    |

|  |  |  |   |
|--|--|--|---|
|  |  |  | Wash hands after care                         |
|  |  |  | Sanitize all Equipment                        |
|  |  |  | Report timeline within 30 min of end of shift |
|  |  |  | Report changes to Office                      |
|  |  |  | Maintain clean & safe environment             |
|  |  |  | Check glove supply                            |

# New Policies & Forms

## Respond to Risks

OSHA has provided the following guidelines for workers who believe they have been exposed to Ebola.

- -Notify your employer immediately.
- -Monitor your health for 21 days. Watch for fever (temperature of 101°F), muscle pain, headache, sore throat, diarrhea, vomiting, rash, and other symptoms consistent with Ebola.
- -Seek medical attention if you develop any of these symptoms.
- -Before visiting a health care provider, alert the clinic or emergency room in advance about your possible exposure to Ebola virus so that arrangements can be made to prevent spreading it to others.
- -When traveling to a health care provider, limit contact with other people. Avoid all other travel.

# New Policies & Forms

## Respond to Risks

**No Worries®**  
Comprehensive In-home Care

**Ebola Exposure Reporting Plan**  
As recommended by OSHA ([https://www.osha.gov/SLTC/ebola/control\\_prevention.html](https://www.osha.gov/SLTC/ebola/control_prevention.html))

If you are not at a client's home and believe you have been exposed to the Ebola virus through travel, assisting an ill traveller or other person, handling a contaminated object, or cleaning a contaminated environment:

\_\_\_\_ Notify No Worries Supervisor immediately at (503) 641-4949.

\_\_\_\_ Monitor your health for 21 days. Watch for fever (temperature of 101°F/38.3°C or higher), muscle pain, headache, sore throat, diarrhea, vomiting, rash, and other symptoms consistent with Ebola.

\_\_\_\_ Seek medical attention if you do.

\_\_\_\_ Before visiting a health care provider, inform them of your possible exposure to Ebola and it to others.

\_\_\_\_ When traveling to a health care provider, wear a mask and gloves.

If you are at a client's home and believe the client or family member may have been exposed to Ebola or is actively infected:

\_\_\_\_ Immediately clean off any body fluid you have been exposed to. Wash your hands thoroughly with soap and warm water. Put on PPE – mask, gloves, gown.

\_\_\_\_ Notify No Worries Supervisor immediately at (503) 641-4949. Supervisor will notify Administrator and provide further instruction at that time.

\_\_\_\_

Caregiver Name: \_\_\_\_\_  
Client Name (if applicable): \_\_\_\_\_  
Explanation of exposure: \_\_\_\_\_  
Received by: \_\_\_\_\_  
Office (503) 641-4949

## Ebola Exposure Reporting Plan

As recommended by OSHA ([https://www.osha.gov/SLTC/ebola/control\\_prevention.html](https://www.osha.gov/SLTC/ebola/control_prevention.html))

If you are at a client's home and believe the client or family member may have been exposed to Ebola or is actively infected:

\_\_\_\_ Immediately clean off any body fluid you have been exposed to. Wash your hands thoroughly with soap and warm water. Put on PPE – Mask, Gloves, Gown.

\_\_\_\_ Notify No Worries Supervisor immediately at (503) 641-4949. Supervisor will notify Administrator and provide further instruction at that time.

# New Policies & Forms

## Respond to Risks



### Workplace Illness Response Policy

#### Caregivers

##### If you are at a Client's home and become ill:

1. Notify the No Worries Scheduling Coordinator immediately at (503) 641-4949.
2. Put on PPE (Personal Protective Equipment) that will protect the Client:  
Mask, gloves, and gown.
3. Explain to the Client you are not feeling well and another Caregiver is on the way.
4. Explain to the Client you are wearing PPE to protect them from illness.
5. Explain to the Client that the relief Caregiver will be cleaning all surfaces you have come in contact with.
6. Continue to monitor the Client but do not approach the Client unless necessary.
7. When the replacement Caregiver arrives, give report and go outside before taking off PPE.
8. Call in your time on the Timeline and report the PPE that needs to be restocked.
9. Call Scheduling daily with reports on how you are feeling and if you need a standby.

#### Administrative Follow-up:

1. The Scheduling Coordinator:
  - Documents the reason for the change in schedule.
  - Notifies the RN Supervisor for follow-up with Caregiver and to plan restocking of PPE
2. RN Supervisor documents in the Client chart when the PPE has been restocked.



# Following Policies

## Respond to Risks



### **All Employees of No Worries Corporation PPE Policy Agreement**

No Worries has provided training on Standard Precautions through a video and quiz at orientation and will provide yearly refreshers during In-services. Working in this field, I am aware of the reasons why I am responsible for wearing Personal Protective Equipment (PPE) that No Worries has provided me.

I understand that, due to occupational exposure to blood or other potentially infectious materials, I may be at risk of acquiring HIV, HBV, or other infectious diseases. I take responsibility for wearing me PPE whenever I am at risk or feel that there is a chance of exposure.

I will call No Worries to inform them of any circumstances that I feel may put me at risk and request any materials or replacement of PPE to protect myself and my co-workers. I will report any unprotected occupational exposures to infectious materials to my supervisor immediately.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

# Following Policies

## Respond to Risks



Comprehensive In-home Care

All Employees of No Worries Corporation

### Safety Policy Agreement

We take care of our clients and we take care of each other

**Each employee, regardless of position within the company, is expected to cooperate in all aspects of the company's safety and health program. Some major points of our safety program require that:**

- ✓ Accidents must be reported immediately to your supervisor.
- ✓ All employees will wear required personal protective equipment. There are NO EXCEPTIONS.
- ✓ Equipment that is in questionable condition will not be used. Report this equipment to your supervisor.
- ✓ Hazardous conditions or other safety concerns will be reported to your supervisor immediately.

Supervisors are available 24 hours a day, 7 days a week by calling 503.641.4949.

Each employee is personally responsible for his or her own safety as well as the safety of co-workers. If everyone does his or her part by doing what is necessary to ensure workplace safety, we all benefit.

No job is so urgent that we cannot take time to do it safely.

I agree to this policy.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

# CARE for your Co-Workers...

- Notify the office when PPE has been used and supplies need to be replenished



# Following Policies

## Respond to Risks

### <sup>®</sup> Comprehensive In-home Care

#### **Infection Control Policy**

##### **Policy Statement**

Clients are given a bag containing basic personal protective equipment and a first aid kit at the start of service and on an as needed basis. Each staff person is responsible for keeping this supply adequate and for replacing equipment as necessary. Staff are taught basic infection control measures, use of protective equipment, method, and how to request replacement equipment during orientation. Each staff member is also offered the Hepatitis B vaccination series. The agency staff members implement infection control procedures, as appropriate.

##### **Purpose**

- To control the spread of infection
- To ensure protection of individuals from transmission of communicable/infectious diseases
- To meet OSHA regulations
- To ensure that all staff persons understand proper use of protective equipment

##### **Equipment**

- Personal protective Equipment Kits (PPE Kits) contain, but are not limited to the following items:

- 6 pairs vinyl gloves (small, medium or large)
- 1 disposable mouth and nose mask with eye shield
- 1 disposable isolation gown
- 2 vinyl, disposable aprons
- 1 biohazard garbage bag
- 2 paper towels
- 1 Job Hazard Analysis (Defines the proper PPE to use in different situations)
- 1 incident report form

- First aid kits contain, but are not limited to the following:

- 6, ¾ x 3 inch sterile bandages
- 1, 4 x 4 inch sterile gauze
- 1 roll surgical tape
- 3 disposable packs antibiotic ointment
- 4 disposable alcohol wipes
- 4 disposable disinfectant wipes
- 3 safety pins

# Educate Everyone

Teresa Taylor, RN BSN

Client Services Supervisor, Education Director

# Spread the Word not the Germs

Educate  
Everyone



# Sanitize Your Hands!

Educate  
Everyone





# Wash Your Hands!

Educate  
Everyone





# Hand Wash vs. Hand Rub

Educate  
Everyone

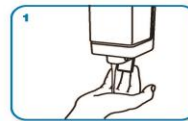
## How to handwash?

WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!

 Duration of the entire procedure: 40-60 sec.



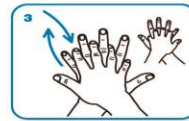
Wet hands with water



apply enough soap to cover all hand surfaces.



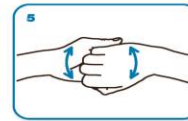
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



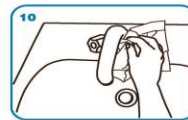
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



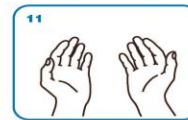
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.



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[http://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf](http://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf)

# Hand Wash vs. Hand Rub

Educate  
Everyone



# The Importance of Lotion

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Everyone



# Portals of Entry

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# How Many are There Now?

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# Sharing is Caring

