

# Handwashing

is the #1 way to prevent the spread of infection.



## Why?

Handwashing removes germs that are on your hands. These germs can come from pets, contaminated surfaces and sometimes other people.

## When?

- Before and after every visit
- Before eating or feeding someone else
- After going to the bathroom or assisting someone else to use the bathroom
- After blowing your nose, sneezing, or coughing
- After changing a diaper
- After touching a pet

## Correct Handwashing Procedure

1. Wet hands
2. Apply soap
3. Lather for 20 seconds
4. Rinse with running water
5. Dry with paper towel
6. Turn taps off with paper towel

In the event that handwash facilities are not available and hands are not visibly soiled hand sanitizers can be used.



## About Visiting...

If the home is experiencing an outbreak of illness it is recommended that you post-pone your visit. It is also recommended that you post-pone your visit if you have:

- a cold
- the flu
- a fever
- vomiting or diarrhea
- had a possible exposure to an infectious disease

Please wait for at least 48 hours after your symptoms have stopped before visiting

## What about Children?

Please ensure that any child visiting a long-term care home be free from illness!



## Food Safety:



## Food:

- If allowed to bring food into the home, keep hot food products at 60°C (140° F) or higher and cold food products at 4°C (40°F) or lower to avoid food poisoning.
- Take leftovers home, or throw them out. Do not leave them at room temperature (e.g. at the bedside).
- If you are storing food items in a communal fridge, please label items with the resident's name, date and type of food.
- Keep cookies, dried fruit and other foods in sealed containers. Crumbs attract insects and mice.

Handling food safely will help prevent residents from becoming ill.