

Alcohol-based Hand Sanitizer

Alcohol-based hand sanitizer can be used instead of soap and water. It can come in the form of gel or foam. However, this product is effective only when your hands are not visibly soiled and when they are dry.

- ◆ Dispense an amount of sanitizer about the size of a quarter into the palm of one hand.
- ◆ Dip the fingernails of the opposite hand into the sanitizer.
- ◆ Transfer the sanitizer to the other palm and dip the remaining five fingernails into the sanitizer.
- ◆ Rub your hands palm to palm, ensuring that you cover all surfaces of your ten fingers, between your fingers, and the backs of your hands.
- ◆ Allow your hands to air dry completely.



Hand Hygiene



Information for patients, residents and their loved ones



Infection Prevention and Control Service
Service de prévention et contrôle des infections
Direction générale adjointe
Santé physique générale et spécialisée,
de l'enseignement et de la recherche

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Centre intégré
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Québec 

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Did you know?

- ◆ You have an important role to play in preventing the spread of germs in healthcare settings.
- ◆ You have microbes that belong only to you. When you touch things or people, you can pick up germs from others that could make you and your loved ones sick.
- ◆ There is a simple, effective, and accessible preventive measure that everyone can do : HAND HYGIENE!

Practicing hand hygiene with alcohol-based hand sanitizer or regular soap is sufficient to eliminate these new germs.

**By cleaning your hands,
you protect yourself and others.**

When to practice hand hygiene?

- ◆ After using the toilet;
- ◆ Before eating;
- ◆ After sneezing or blowing your nose;
- ◆ Whenever they are dirty;
- ◆ When leaving your room;
- ◆ When returning to your room.



How to wash your hands

1. Wet your hands with warm water.



2. Lather the soap and wash all surfaces of your hands and all fingers by rubbing them together.



3. Clean under your fingernails.



4. Rinse your hands with warm running water.



5. Dry your hands by patting them with single-use paper towels.



6. Use a paper towel to turn off the faucet to avoid recontamination.

