

# Hand Hygiene in a Home Setting

## 1ST CHOICE

### Alcohol based hand rub (ABHR)

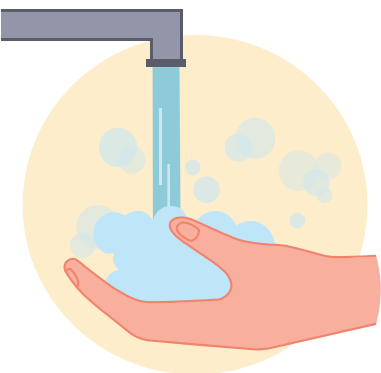
- Best choice when hands are not visibly soiled.



## 2ND CHOICE

### Wash with soap and water

- When hands are visibly soiled.
- Use liquid soap and paper towel from Hand Hygiene Kit.



## 3RD CHOICE

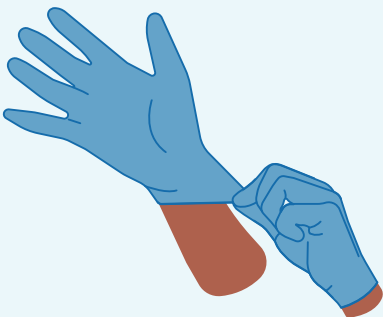
### Hand wipe followed by ABHR

- When hands are visibly soiled and no sink available.
- Clean hands with a hand cleansing wipe to remove soiling followed by ABHR.
- Wash hands with soap and water when sink available.



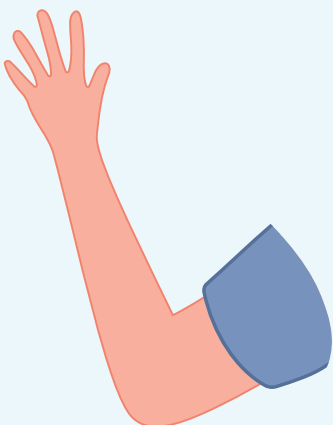
## Glove Use

- Use for touching blood, body fluids, mucous membranes and visibly soiled surfaces/items.
- Perform hand hygiene before and after glove use.
- Change gloves before clean procedures and if contaminated.



## Stay “Bare Below the Elbow”

- Avoid wrist watches, Fitbits, and hand jewelry.
- Keep nails short and natural.
- Roll up your sleeves or keep them short.



# The 4 Moments of Hand Hygiene in a Home



1

- When entering the home
- Before client contact



2

- Before an aseptic or clean procedure task

**Examples:** Injections, wound care, mouth care, preparing medications, preparing food, removing or inserting catheters or other invasive devices.



3

- After blood & body fluid exposure risk

**Examples:** Handling materials soiled with blood, fecal material or urine.

**Note:** Perform hand hygiene after removing gloves.



4

- After client contact
- When leaving the home