

Infection Prevention and Control (IPC) for Ebola or Marburg:

Hand Hygiene

Healthcare Settings with Limited to Intermediate Resources

Learning Objectives

After this presentation, participants will be able to

- Explain why hand hygiene is important in the context of Ebola or Marburg
- Describe at least 5 times when hand hygiene should be performed during the workday
- Describe 3 considerations to ensure good hand hygiene

Warm-up

How often do you wash your hands or clean your hands with alcohol-based hand rub during a typical day at work?

Hand Hygiene

Definition: Hand Hygiene

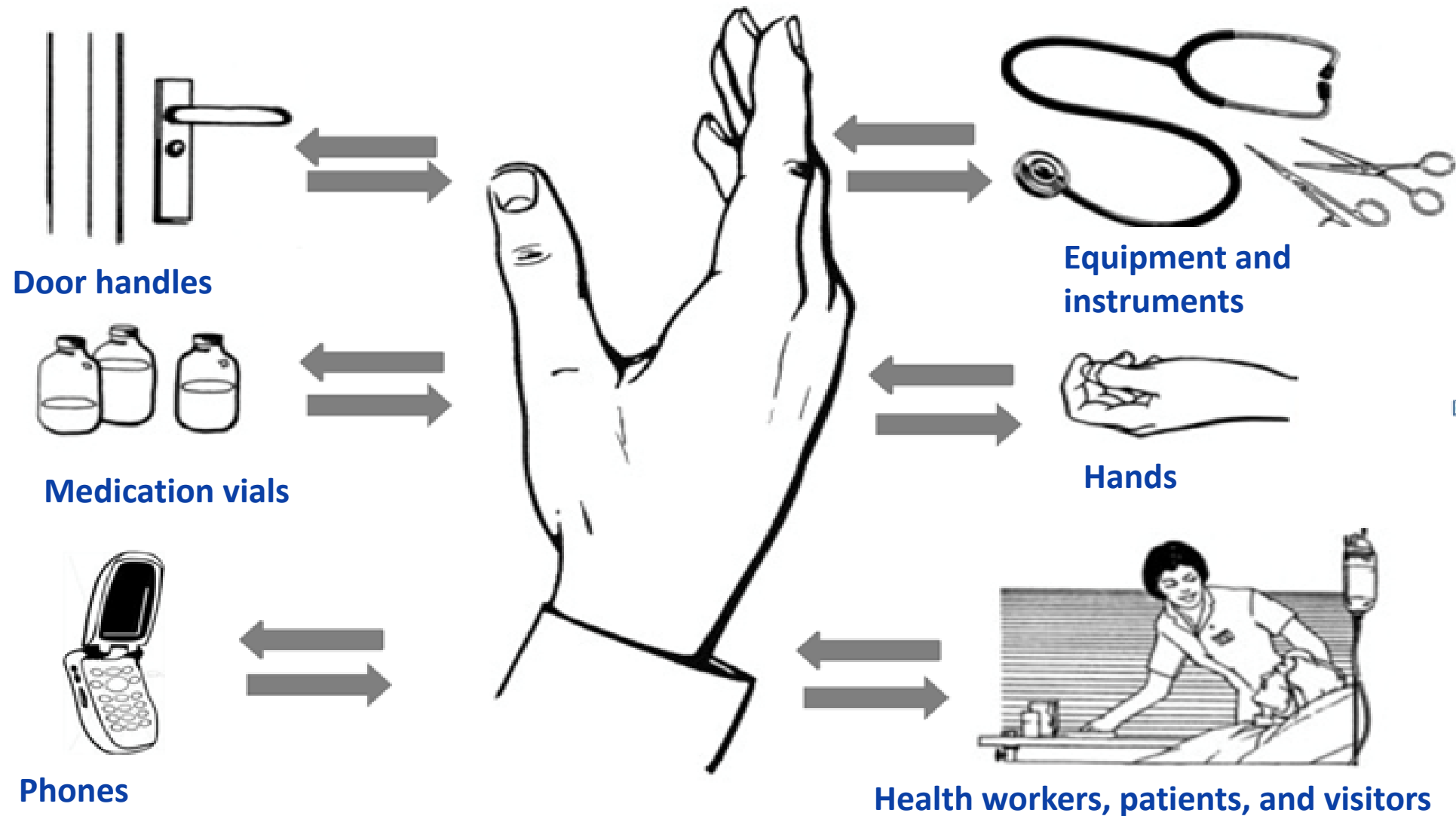


Hand hygiene is the general term used for cleaning hands, whether using soap and water, alcohol-based hand rub, or surgical hand scrub

Handwash = soap + water

Handrub = alcohol-based hand rub

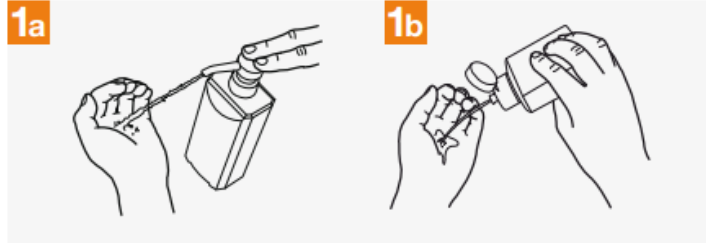
Why Hand Hygiene?



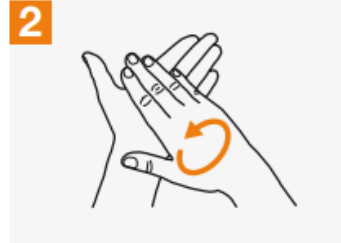
When to Perform Hand Hygiene

	Before	After
Patient Care	• Touching patient or patient environment • Performing a sterile procedure	• Touching patient or patient environment • Touching patients' body fluids
Using PPE	• Putting on PPE	• Removing PPE
Cleaning	• Performing environmental services/cleaning activities	• Performing environmental services/cleaning activities • Handling waste
Personal Activities	• Preparing food or eating	• Using the toilet • Blowing nose/coughing

Alcohol-Based Hand Rub (ABHR)



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



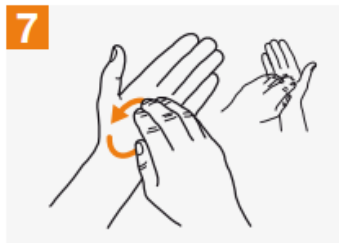
4 Palm to palm with fingers interlaced;



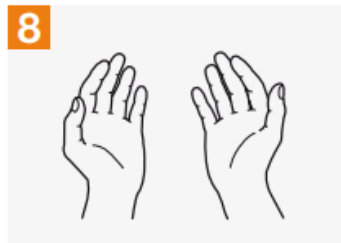
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.

Considerations:

- Rub for at least 20-30 seconds
- Use a palmful of product (about 3-5 mL) to keep hands wet while rubbing
- If hands are visibly dirty, use soap and water

Handwashing with Soap and Water



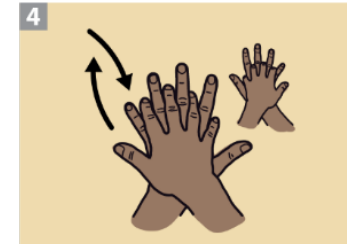
Wet hands with water.



Apply enough soap to cover all hand surfaces.



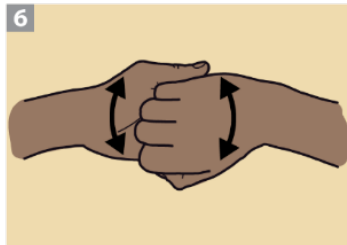
Rub hands together in a circle.



Put one palm on top of the other hand and rub soap up and down.



Put palms and fingers together and rub soap up and down.



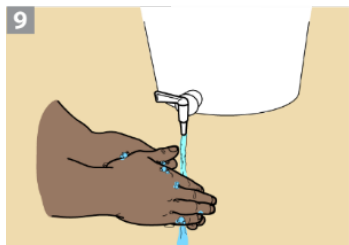
Put fingers of both hands together and rub soap up and down.



Clean thumbs by rubbing each one around several times with the other palm.



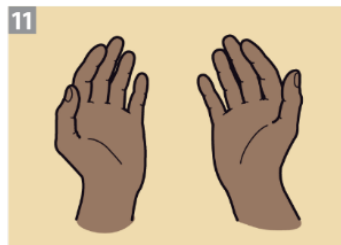
Clean both palms by rubbing soap around palm with fingers of the other hand.



Rinse hands with water.



Dry hands completely using a single-use towel, or air dry.



Your hands are now clean.

Considerations:

- Wash long enough to complete all steps in the diagram (40+ sec)
- Turn tap off without contaminating hands
- Use single-use towels for drying or air dry

Use of Chlorine for Hand Hygiene

- **NOT** recommended as a routine option for hand hygiene
- **Interim** option when no other hand hygiene options are available
- **Chlorine solutions** must be:
 - Diluted correctly
 - Prepared daily



<http://cdcmuseum.org/exhibits/show/ebola/public-health/ipc/handwashing>

Reflection

Based on what you've learned about hand hygiene today...

- What are 2 things you will change about how you clean your hands while at work?
- What is 1 thing that could change at your facility to help make hand hygiene easier or more effective?

Key Takeaways

- Proper hand hygiene helps protect you and your patients from infection. By protecting yourself, you also protect your community.
- Hand hygiene should be performed many times during the workday.
- To clean hands properly:
 - Rub/wash long enough
 - Use enough product
 - Use single use towels or air dry

Thank you!

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

