



STOP THE SPREAD OF GERMS

INFECTION CONTROL



KEEP YOUR HANDS CLEAN

Why is it important to keep hands clean?

Hands carry and spread germs. Touching your eyes, nose or mouth without first cleaning your hands may let germs into your body. Germs can also spread if a person sneezes or coughs into their hands and then touches an object such as a door handle, subway pole or telephone. The next person who touches these objects may pick up germs and get sick if they do not clean their hands before touching their eyes, nose or mouth.



When should I wash my hands with soap and water?

When hands are visibly dirty.

After:

- sneezing, coughing, blowing your nose
- touching a cut or open sore
- touching eyes, nose or mouth

Before and after:

- preparing and eating food
- using the washroom
- handling garbage
- changing diapers
- handling raw foods

What's the best way to wash hands with soap and water?

- Wet hands with warm water and apply soap.
- Rub hands together vigorously for 15 seconds.
- Scrub entire hand, including back of hands, between fingers and under nails.
- Rinse well and dry hands with a towel (in public washrooms use single-use towels) or blow dryer.
- Use towel to turn off water taps, if necessary.

When to use hand sanitizers *instead* of soap and water?

If your hands are not visibly dirty, then alcohol-based (minimum 60%) hand sanitizers, gels or rinses will reduce germs.

How do I use a hand sanitizer?

Apply a small amount and rub hands together, spreading the sanitizer over the hands to include fingertips and under fingernails. Rub hands together for at least 15 seconds until the gel feels dry.

Is hand sanitizer safe for children?

Yes. Young children should be supervised to make sure the sanitizer is used properly.

Should I use hand lotion after cleaning my hands?

Yes. Dry skin is not uncommon when you clean your hands often, especially during the winter. Dry skin can crack, which may provide an opening for germs to enter your body. To prevent dry skin, you may use soap or an alcohol-based hand sanitizer with lotion already added or use lotion (water-based is preferred) after cleaning your hands.

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College of Occupational Therapists of Ontario
Ordre des ergothérapeutes de l'Ontario

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ALWAYS COVER YOUR COUGH

Why should I cover my mouth and nose with a tissue when I cough or sneeze?

Germs such as influenza, cold viruses, and even whooping cough are spread by coughing or sneezing. When you cough or sneeze on your hands, your hands carry and spread these germs. When you touch an object with unclean hands, you are spreading germs.



How do I stop the spread of germs if I am sick?

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in the garbage. Clean your hands with soap and warm water or an alcohol-based hand sanitizer.
- If you don't have a tissue, cough or sneeze into your upper arm, not into your hands.
- Keep your distance (more than 1 metre / 3 feet) from people.
- Stay at home if you are sick.
- Don't share eating utensils (e.g., cups or straws), toothbrushes or towels.



How can I stay healthy?

- Keep your hands clean. Clean your hands with soap and warm water.
- Minimize touching your eyes, nose or mouth.
- Keep your distance (more than 1 meter / 3 feet) from people who are coughing or sneezing.
- Get your flu shot (influenza vaccine) every year.
- Practice good health habits - eat healthy foods, get regular exercise, and get enough rest.

How Can Infections be Prevented?

- a - Be Immunized
- b - Cover a Sneeze
- c - Wash Before Eating
- d - Wash Hands After Using Toilet

Where can I get more information?

Call Toronto Health Connection: 416-338-7600;
TTY: 416-392-0658; or visit our website at
www.toronto.ca/health.

Information provided by Toronto Public Health
and Peel Region.

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