

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

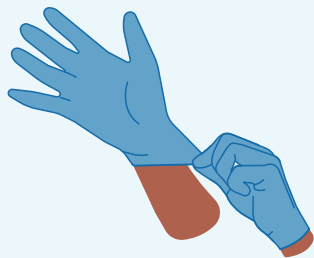
Hand wipe followed by ABHR

- 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.



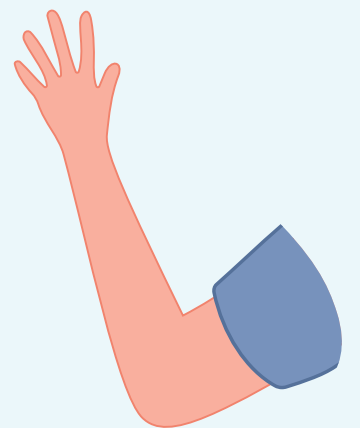
Glove Use

- 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

for 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**