



Community Care East York

Serving Our Community Since 1971

March 2011

Dear Client:

As you are no doubt aware, proper hand hygiene is the most important thing we can all do to help reduce the spread of germs that can cause illness. In the interest of promoting your health and safety, Community Care East York has included this guide to proper hand washing (see reverse) from Toronto Public Health with your monthly statement.

This is part of Community Care East York's infection prevention and control program, which includes training to our staff and volunteers, including instruction in proper hand hygiene. Please feel free to post this guide in your home as a general reminder to anyone, including any caregivers, of the importance of proper hand hygiene.

Over the coming months, Community Care East York will be sharing important information with our clients, staff and volunteers about promoting safety in the home and in the community. Please take the time to read this information as it is mailed to you. This information can also be accessed on our website at www.ccey.org.

If you have any questions regarding any of the information you receive from us, please do not hesitate to contact the staff person responsible for coordinating your program or service at Community Care East York.

Thank you from everyone at CCEY.

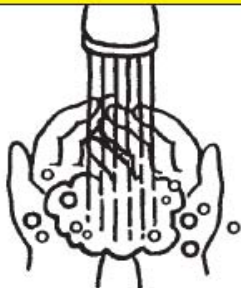


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Hand Washing



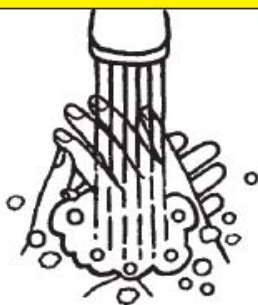
1. Wet hands.



2. Apply soap.



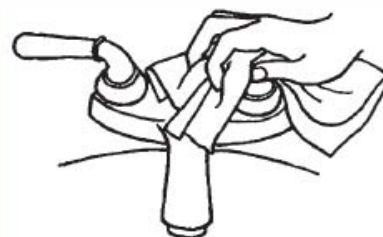
3. Lather for 15 seconds.
Rub between fingers,
back of hands,
fingertips, under nails.



4. Rinse well under
running water.



5. Dry hands well with
paper towel or hot air
blower.



6. Turn taps off with
paper towel, if
available.

Stop the Spread of Germs

Always Wash Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage

Before and after you:

- Prepare or eat food
- Touch a cut or open sore

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