

## **Hand Hygiene**

**Hand hygiene is the responsibility of everyone.** Hand hygiene is a core element of client safety for the prevention of health care-associated infections and the spread of antimicrobial resistance.

**Upon entrance to the centre and when leaving** we request that clients clean their hands with the alcohol based hand rub provided. We care about you and need your assistance with **Infection Control**.

### **ALCOHOL-BASED HAND RUB (ABHR)**

Alcohol-based hand rub is the preferred method for decontaminating hands when hands are not **visibly soiled**:

- ABHRs provide for a rapid kill of most transient microorganisms
- ABHRs contain a variety of acceptable alcohols in concentrations from 60 to 90%; 70 to 90% is preferred for health care settings
- ABHRs contain emollients to reduce hand irritation
- Soap and water is used to remove visible soil.