



IPAC VISITOR EDUCATION PACKAGE



Get familiar with
our home's infection
prevention and
control practices



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How to Hand Wash:

HOW TO handwash




1 Wet hands with warm water.




2 Apply soap.


Lather hands for 20 seconds




3 Lather soap and rub hands palm to palm.




4 Rub in between hand with palm of other hand.




5 Rub back of each hand with palm of other hand.




6 Rub fingertips of each hand in opposite palm.




7 Rub each thumb clasped in opposite hand.




8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.





11 Your hands are safe.





How to Hand Rub:


HOW TO handrub


1  Apply 1 to 2 pumps of product to palms of dry hands.


2  Rub hands together, palm to palm.


3  Rub in between and around fingers.

4  Rub back of each hand with palm of other hand.

5  Rub fingertips of each hand in opposite palm.

6  Rub each thumb clasped in opposite hand.

7  Rub hands until product is dry. Do not use paper towels.

8  Once dry, your hands are safe.

Rub hands for 20 seconds



Video Links on Hand Washing and Hand Rubbing:



Use the following website links below to access:

Hand Wash Video: <https://rb.gy/gxdtxu>

Hand Rub Video: <https://rb.gy/znnw28>



PPE Donning Sequence:

PPE DONNING Sequence

	Perform hand hygiene	1
	Put on gown	2
	Put on mask or N95 Respirator *	3
	Put on eye protection (goggles/face shield) *	4
	Put on gloves	5

*Follow Universal PPE Strategy principles when policy is in effect.

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PPE Doffing Sequence:


PPE **DOFFING** Sequence


		Take off gloves	1
		Perform hand hygiene	2
		Take off gown	3
		Perform hand hygiene	4
		Take off eye protection (goggles/face shield) *	5
		Perform hand hygiene	6
		Take off mask or N95 Respirator *	7
		Perform hand hygiene	8

*Follow Universal PPE Strategy principles when policy is in effect.



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Video Links on PPE Donning and Doffing:















Use the following website links below to access:

PPE Donning Video: <https://rb.gy/bygtdk>

PPE Doffing Video: <https://rb.gy/yx6q1i>



The Right and Wrong Way to Wear a Mask:

THE RIGHT WAY	THE WRONG WAY
 <p>Make sure your mask completely covers your nose and mouth and is secured snugly under your chin.</p>	 <p>Don't touch the outside of your mask while you are wearing it.</p>
<p>Wash your hands before you put on, and after you take off, your mask.</p> 	<p>Don't lower your mask so you can talk.</p> 
 <p>Touch only the ties or ear loops when putting on or taking off your mask.</p>	 <p>Don't wear a mask that's too loose or slides down your face.</p>
<p>If your mask has a metal wire running along the top edge, mold it over the bridge of your nose to help contain droplets.</p> 	<p>Don't rest your mask around your neck or under your chin.</p> 
 <p>Dispose of mask when it becomes damaged, soiled or becomes contaminated with body fluids (droplets/secretions).</p>	 <p>Don't hang your mask off your ear.</p>
<p>Store masks in a clean environment.</p> 	<p>Don't double-mask (wear one mask on top of another).</p> 



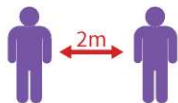
Respiratory Etiquette:

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RESPIRATORY ETIQUETTE

Coughing & Sneezing Best Practices

Move it



Move away from others when you feel a sneeze or cough coming on.

Catch it



Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough or sneeze into your sleeve or elbow, not into your hands!

Bin it



Discard any used tissue in a garbage container.

Kill it



Wash or sanitize hands immediately. Remember to rub hands for at least 20 seconds!

STOP THE SPREAD OF INFECTION

Infections (such as influenza, COVID-19, 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 infectious agents. When you touch an object such as a door handle, elevator button, telephone or computer keyboard with unclean hands, you are spreading germs. The next person who touches these objects may pick up these germs and get sick if they do not clean their hands before touching their eyes, nose or mouth.

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Infection Prevention and Control (IPAC) Principles:

