

# COVID-19 PROTOCOL – HAND HYGIENE

**Your health and safety is our priority.**

In an effort to help staff minimize the potential spread of COVID-19, the following protocol has been established to provide guidance on proper hand hygiene and handwashing in the field and in the office.

**Good hand hygiene is one of the most important ways to protect yourself and others from COVID-19. Both soap & water and hand sanitizer (hand rub) are effective to clean your hands.**

**The most important thing you can do is to clean your hands frequently and thoroughly.**

**Hand washing stations should be equipped with the following supplies:**

- ✓ Liquid hand soap (it does not have to be antibacterial)
- ✓ Single-use paper towels
- ✓ Garbage receptacle/bag
- ✓ A clean source of running water
  - If no tap is available on site, a portable water container with a spigot can be used as an interim measure to facilitate handwashing.

**Remember:** Even if you are wearing gloves, you still need to clean your hands.

**Use hand sanitizer when soap and water are not available:**

- ✓ Hand sanitizer should be alcohol-based with at least 60% alcohol
- ✓ Remove visible dirt from hands before using the sanitizer
  - sanitizers are not as effective when hands are visibly dirty or greasy
- ✓ Hand sanitizers are effective against germs, but do not remove other hazards (such as harmful chemicals) from hands – for these hazards you will need to wash with soap and water.



**PLEASE CLEAN  
YOUR HANDS**





# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Hand Hygiene

**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**



**Either will clean your hands: use soap and water if hands are visibly soiled.**



**Remove hand and wrist jewellery**

### HOW TO HAND WASH



1 Wet hands with warm (not hot or cold) running water



2 Apply liquid or foam soap



3 Lather soap covering all surfaces of hands for 20-30 seconds



4 Rinse thoroughly under running water



5 Pat hands dry thoroughly with paper towel



6 Use paper towel to turn off the tap

### HOW TO USE HAND RUB



1 Ensure hands are visibly clean (if soiled, follow hand washing steps)



2 Apply about a loonie-sized amount to your hands



3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19\_HH\_001



Ministry of Health



BC Centre for Disease Control

**If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.**

