

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.

