



INFECTION PREVENTION

Infection prevention and control (IPC) in your home is a set of practices that help to protect you and your family from getting sick and spreading illnesses and infectious diseases. These practices include maintaining good hygiene, cleaning, disinfecting surfaces, and social distancing.

Hand hygiene is a crucial aspect of IPC in your home.



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



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HAND HYGIENE IN YOUR HOME





Proper handwashing
could save
**1 MILLION LIVES
EVERY YEAR!**



GERMS REQUIRE 3 THINGS TO SPREAD:

1. **SOURCE** - A place where the germs live
2. **HOST** - A susceptible person with a way for the germs to get into the body
3. **MODE OF TRANSMISSION** - A way for germs to get from a source to a host

WHEN SHOULD I CLEAN MY HANDS?

- » Whenever hands are visibly dirty or contaminated
- » Immediately before preparing food
- » Immediately before eating
- » After smoking
- » After using the restroom or helping someone else use the restroom
- » After blowing your nose, coughing, or sneezing
- » After touching a pet, pet food, treats, cages, or animal feces
- » After handling the mail or packages
- » After handling garbage
- » After removing gloves
- » After using cleaning products
- » After coming in from outdoors and/or outings



HAND WASHING TIPS

USING SOAP AND WATER (PREFERRED)

- » Wet hands with water
- » Apply soap
- » Rub hands together for at least 20 seconds covering all surfaces, focusing on the fingertips and fingernails
- » Rinse under running water and dry with disposable towel
- » Turn off the faucet with a clean paper towel or your forearm/elbow



USING HAND SANITIZER

- » Make sure it contains at least 60% alcohol
- » Apply to palm of one hand
- » Rub hands together, covering all surfaces, focusing on the fingertips and fingernails, until dry
- » Rubbing motions should take at least 20 seconds
- » Allow hands to air dry (no waving or fanning)

WHAT IS HAND HYGIENE?

- » The act of washing your hands
- » It can be done two ways:
 - Soap and Water
 - Alcohol Based Hand Sanitizer

WHY IS IT IMPORTANT?

- » Many infections are spread by our hands
- » Hands pick up germs and carry them from place to place, transferring the germs to surfaces, or people (including yourself)!

