

IPAC Key Reminder: Hand Hygiene

- Frequent and thorough hand hygiene is one of our best defences!
- While this is something we do every day, take a moment to reflect on *how* you are washing and sanitizing your hands:
 - Are you reaching/covering all areas of your hands?
 - Are you using enough product?
 - How long are you performing hand hygiene?

Check out these quick instructional videos from Public Health Ontario below for hand hygiene and practice alongside the video:

How to Hand Wash

<https://youtu.be/o9hjmqs72l> (2 minutes)



How to Hand Rub (Hand Sanitizer)

<https://youtu.be/sDUJ4CAYhpA> (1 minute)

