



# IPAC Visitor Education Package

Become familiar with our home's *infection prevention and control practices*

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# How to handwash



Wet hands with warm water



Apply soap



Lather soap and rub hands palm to palm



Rub in between hand with palm of other hand



Rub back of each hand with palm of other hand



Rub fingertips of each hand in opposite palm



Rub each thumb clasped in opposite hand



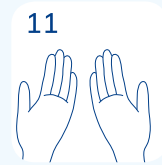
Rinse thoroughly under running water



Pat hands dry with paper towel



Turn off water using paper towel



Your hands are safe

Lather hands for 15 seconds

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# How to handrub

Rub hands for 15 seconds



**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.

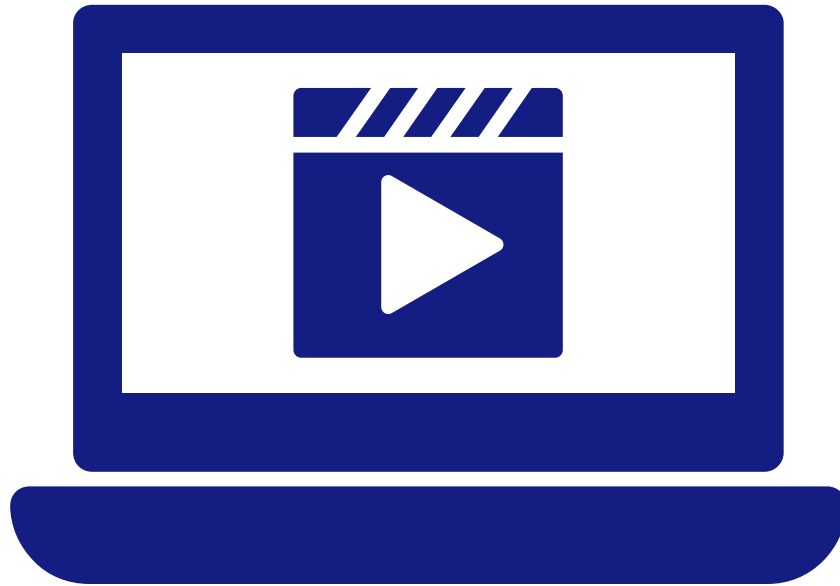


**7** Rub hands until product is dry. Do not use paper towels.



**8** Once dry, your hands are safe.

# Hand washing and hand rubbing video resources



**Click the buttons below to access**

**Hand washing Steps Using  
the WHO Technique**

**Hand rubbing Steps Using  
the WHO Technique**

(WHO- World Health Organization)

# PPE DONNING Sequence



Perform hand hygiene

**1**



Put on a gown

**2**



Put on a 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



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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# How to wear a face mask

the safe and smart way!



## The Right Way



Make sure your mask completely covers your nose and mouth and is secured snugly under your chin.

Wash your hands before you put on, and after you take off, your mask.



Touch only the ties or ear loops when putting on or taking off your mask.

If your mask has a metal wire running along the top edge, mold it over the bridge of your nose to help contain droplets.



Dispose of mask when it becomes damaged, soiled or becomes contaminated with body fluids (droplets/secretions).

Store masks in a clean environment.



## The Wrong Way

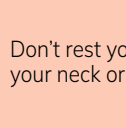


Don't touch the outside of your mask while you are wearing it.

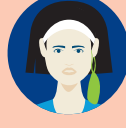
Don't lower your mask so you can talk.



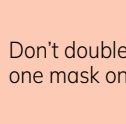
Don't wear a mask that's too loose or slides down your face.



Don't rest your mask around your neck or under your chin.



Don't hang your mask off your ear.



Don't double-mask (wear one mask on top of another).



When worn properly, a mask is an important way to prevent the spread of infection.

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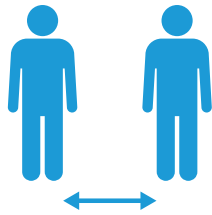


# Respiratory etiquette

## 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 bin.



### Kill it

Wash or sanitize hands immediately. Remember to rub hands for minimum of 15 secs!



## 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.

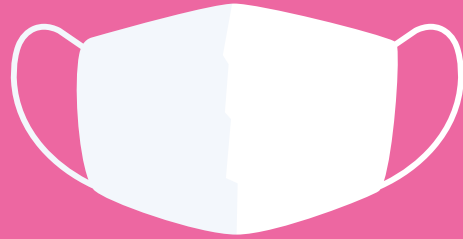
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Stay home if you're sick  
or have symptoms



Wear a mask based on  
setting and situation



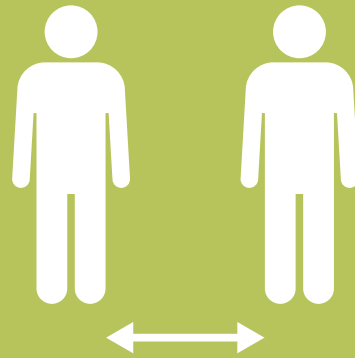
## IPAC Principles

to keep everyone safe

Everyone has a role in preventing  
the spread of disease



Practice hand hygiene  
and respiratory etiquette



Keep a physical distance  
whenever possible

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