



Keeping you safe and healthy

Our hospital is participating in Ontario's *Just Clean Your Hands* program – part of a world-wide effort to encourage health care providers to clean their hands the right way at the right time.

Clean hands are one of the best ways to stop the spread of germs that can cause infection and illness.

What causes infections?

Infections are caused by germs, including viruses and bacteria. Many bacteria occur naturally. We have bacteria on our skin and even in our hands and mouth, and they do not harm us. But some germs cause infections, and they pass from person to person on people's hands. Some bacteria that cause infections are resistant to antibiotics and are very hard to treat.

Why are clean hands so important in a hospital?

Clean hands are important everywhere, but they are particularly important in a hospital. When you are ill or have an operation, your body is weaker and it's harder for you to fight infections. If you get an infection in a hospital, you can become very ill and may have to stay in longer. When health care providers clean their hands the right way at the right times, they can help prevent the spread of some germs that cause infection.

What is *Just Clean Your Hands*?

Just Clean Your Hands is a program developed by the Ministry of Health and Long-Term Care that helps hospitals put the tools in place to make it easier for health care providers to clean their hands the right way at the right times.

Hospitals are encouraged to put alcohol-based hand rub close to where health care providers care for patients. Signs and posters around the hospital remind health care providers about when to clean their hands. It's all part of our effort to make sure you're in safe hands.

How should health care providers clean their hands?

There are two ways to clean hands:

1. Cleaning hands using alcohol-based hand rubs

Alcohol-based hand rub kills about 99 per cent of germs on hands in about 15 seconds and dries naturally on the skin. Placing hand rub close to where care is provided makes it easier for health care providers to clean their hands as they move between patients.



2. Cleaning hands using soap and water

Washing with soap and water removes germs and is the best way to clean hands that look or feel dirty.



You're in safe hands

Everyone in our hospital is committed to providing clean, safe care. Our goal is to keep you from getting an infection in a hospital and send you home as healthy as possible.

When you see the *Just Clean Your Hands* signs and posters, the alcohol-based hand rub containers, and health care providers cleaning their hands, you can be confident you're in safe hands.

