

# Nice manicure.



# Even better hiding place.

Remember: nails should be kept clean and short at all times. Long and/or chipped nails are known to harbour bacteria and interfere with effective hand hygiene. Artificial nails and nail enhancements should also not be worn as they increase the risk of glove tears and transmission of organisms.

# Don't want to get sick on vacation?

## Make sure you're protected!

Consult with your travel health clinic at least six weeks before your trip.



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# If germs could be seen...



Remember to clean your hands before and after contact  
with the patient **or patient environment!**

Viruses such as influenza can be infective for 2 to 8 hours via stainless steel surfaces.

*C. difficile* spores can live for months on most surfaces.



Have your patients had a chance  
to wash their hands?  
For everyone to stay healthy,  
everyone needs hand hygiene!

Things you can do to help your patient clean their hands include taking them to the bathroom or providing them with hand sanitizer. Make sure they clean their hands thoroughly before eating!



Cover your cough – it likes to travel!

# 'Tis the season to protect yourself and your co-workers



Get your flu shot



Stay home when you're sick



Cover your cough



Clean your hands

# Unhealthy workplace?



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## Protect yourself! Get your flu shot.

# Class of 2013... who's Most Likely To Succeed in infection control?



x wrong



x wrong



✓ right



x wrong



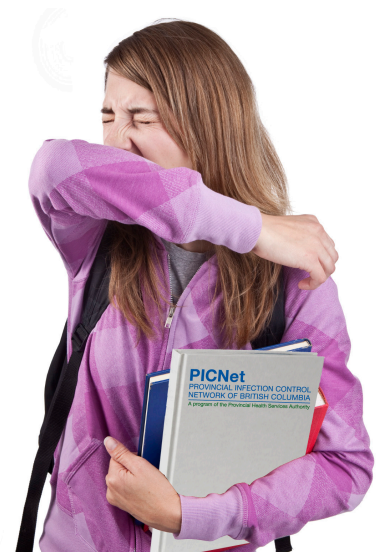
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✓ right



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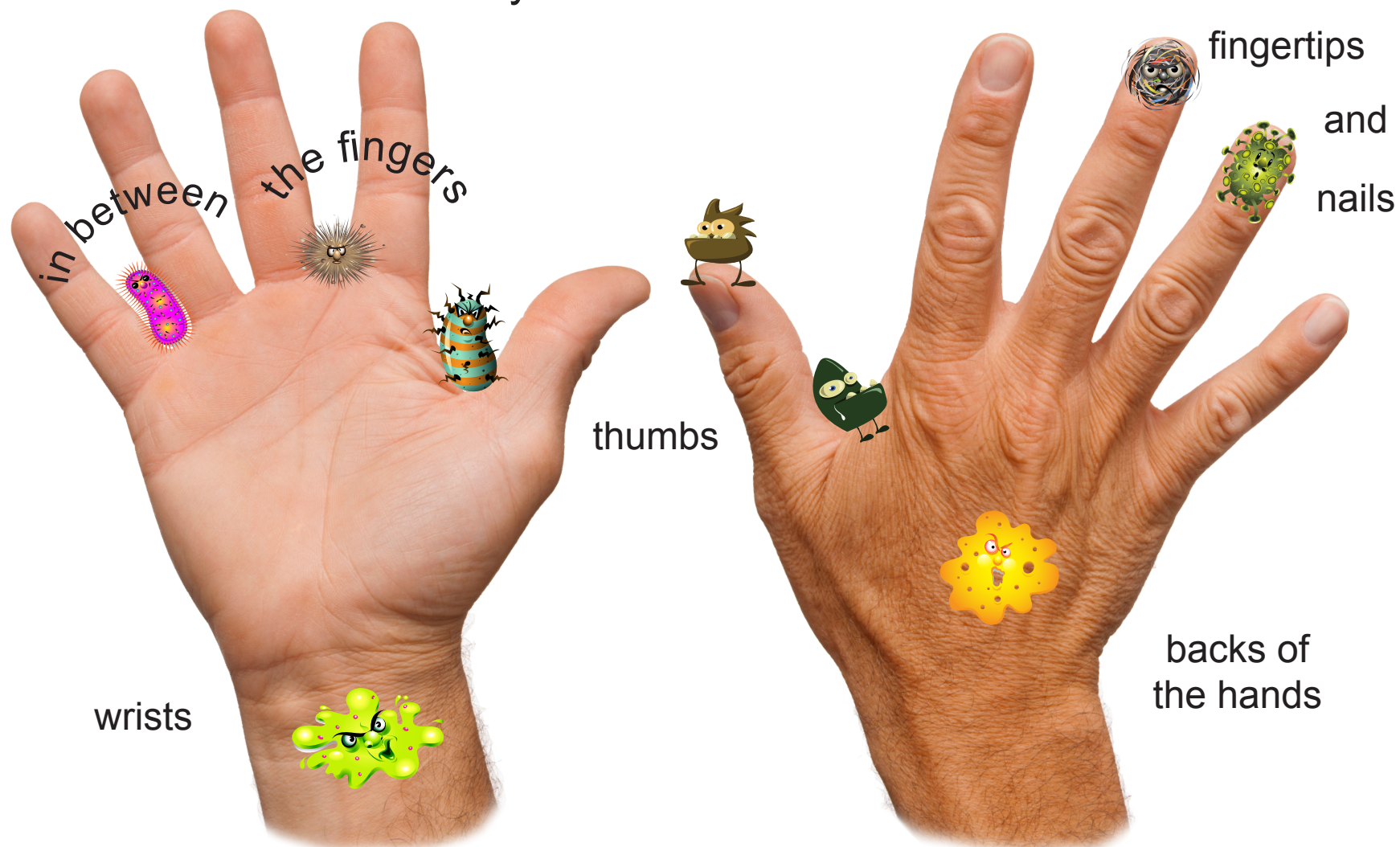


✓ right

# Grimebusters!

Germs like to hide... remember to wash your hands thoroughly!

Commonly missed areas include:



**Hands are the main pathways of germ transmission during health care. Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent healthcare-associated infections.**

Alcohol-based hand rub (ABHR) is the preferred method of hand hygiene in healthcare unless hands are visibly soiled. Rub hands until the product is completely dry; this will take at least 15-20 seconds if sufficient product is used. If hands are visibly soiled, wash hands with warm running water, soap, and friction for at least 30 seconds. For adequate hand hygiene, remove all hand and wrist jewellery prior to washing or rubbing.