

# IPC Bulletin for Care Homes

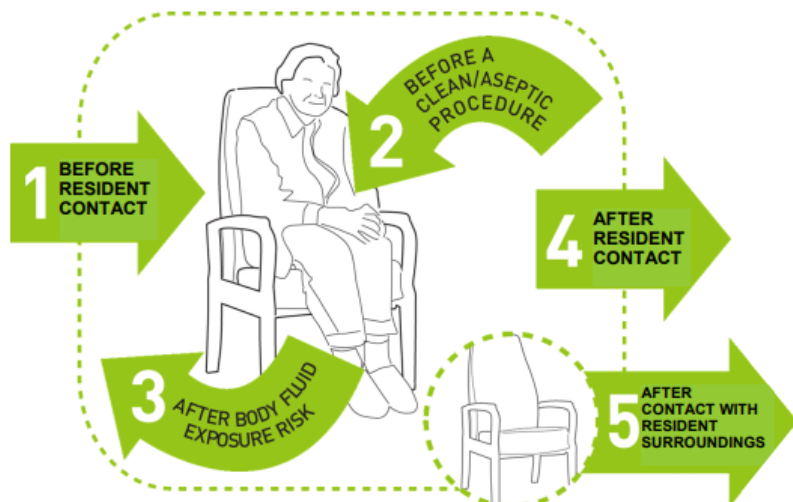
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To support Care Home staff, here is some information on good infection prevention and control (IPC) practice.

## World Hand Hygiene Day—5 May, 2021



### Your 5 moments for hand hygiene at the point of care



Adapted from the WHO Alliance for Patient Safety 2006

<b>1</b> BEFORE RESIDENT CONTACT	<b>WHEN?</b> Clean your hands before touching a resident when approaching him/her. <b>WHY?</b> To protect the resident against harmful germs carried on your hands.
<b>2</b> BEFORE A CLEAN/ASEPTIC PROCEDURE	<b>WHEN?</b> Clean your hands immediately before any clean/aseptic procedure. <b>WHY?</b> To protect the resident against harmful germs, including the resident's own, from entering his/her body.
<b>3</b> AFTER BODY FLUID EXPOSURE RISK	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal). <b>WHY?</b> To protect yourself and the healthcare environment from harmful resident germs.
<b>4</b> AFTER RESIDENT CONTACT	<b>WHEN?</b> Clean your hands after touching a resident and her/his immediate surroundings, when leaving the resident's side. <b>WHY?</b> To protect yourself and the healthcare environment from harmful resident germs.
<b>5</b> AFTER CONTACT WITH RESIDENT SURROUNDINGS	<b>WHEN?</b> Clean your hands after touching any object or furniture in the resident's immediate surroundings when leaving—even if the resident has not been touched. <b>WHY?</b> To protect yourself and the healthcare environment from harmful resident germs.

Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust © Harrogate and District NHS Foundation Trust  
[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk) September 2020

### Key messages from WHO

#### Healthcare workers:

Now more than ever - clean your hands at the point of care!

#### IPC practitioners:

Be a champion and mentor for clean hands at the point of care.

#### Facility managers:

Ensure hand hygiene supplies are available at every point of care.

#### Policy-makers:

Invest now to ensure hand hygiene for all.

#### Residents and families:

Help us to help you: please clean your hands.

#### Vaccinators:

Clean your hands with every vaccine.

#### Everyone:

Make clean hands your habit - it protects us all!

Visit our website to find lots of IPC resources, many of which are free to download at [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

Call us on 01423 557340



The 'Your 5 moments for hand hygiene at the point of care' Poster for Care Homes is available free to download at [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk).