

Quick Tips:

Helping Residents with Hand Washing



Aim for hourly hand washing for all residents

Give clear instructions about how to wash hands and cover coughs

- Use simple words
- Explain with short messages and simple steps
- Post large print signs with simple pictures near sinks

Wash your hands with them

- Demonstrate thorough hand washing
- Make this an interaction opportunity
- Use alcohol based hand sanitizer if the person cannot wash hands easily (if hands are not visibly dirty)
- Remember that older adults have dry skin in the first place: Help them to moisturize after hand washing whenever you can

With the use of infection control measures it is more important than ever to consider your tone of voice and body language.

We need to be creative with connecting *emotionally* with our Residents