



Occupational Health and Infection Control Volunteer Orientation

NTY Volunteers



Topics to be discusse

- Hand Hygiene
- What do to if you are sick?
- Influenza
- What do if you hurt yourself while carrying out your duties?



Hand Hygiene

Why do I need to clean my hands?

- *Good hand hygiene is the single most important method of preventing the transmission of Infections*
- *Healthcare is a 'hands on' business*



Proper Hand Washing

- You can help yourself and others stay healthy by washing your hands often, especially during these key times when germs are likely to get on your hands and can easily spread to others:
- Scrub your hands for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage
- What is the right way to wash your hands?
- Follow the five steps below to wash your hands the right way every time.
- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

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What do I do if you are sick?

- If you have fever, vomiting and/or diarrhea: DO NOT COME TO VOLUNTEER
- You must be symptom free for 48hrs before returning to duties.
- Call the appropriate person to let them know you won't be coming in.



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