

## Wear a surgical face mask

A surgical face mask is used to protect against splashes during treatment or care procedures. Face shield is used when there is a risk of splashing secretions on the eyes.

- Do not touch the mask when wearing it.
- Do not pull the mask under the chin or over the forehead.
- Replace the mask if it gets wet or dirty, or after a procedure and whenever you have treated an infectious patient.
- Do not reuse the mask.
- Remember to disinfect your hands after removing the mask.



## Aseptic technique

- Move from clean to dirty.
- Keep clean areas clean.
- Do not mix clean and dirty.



## Medical equipment

- Clean your care equipment after each use.

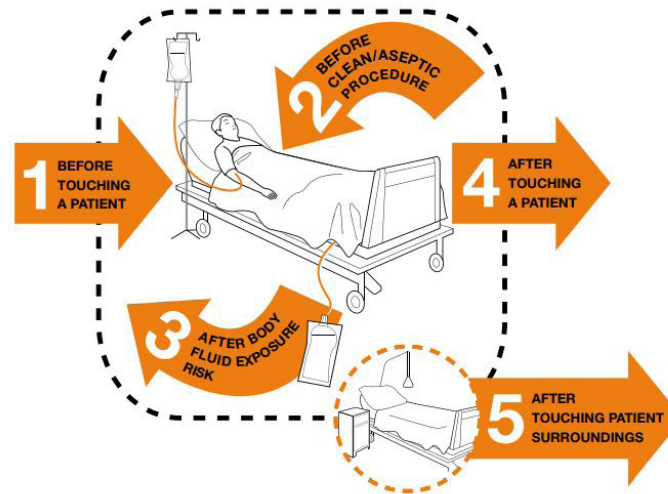
## Secretion stain disinfection

- Secretion stains are a risk for infection. Immediately clean and disinfect surfaces as instructed.

## Safe use of sharps

- Work calmly. Handle sharp objects with care. Use approved sharps disposal containers.
- Wear protective gloves and safety integrated products.
- In cases of a needle stick/sharps injury follow the procedure of the Ostrobothnia Welfare Region's event of a blood contamination incident.

## My five moments for hand hygiene



## More information

- hygiene instructions on the ÖVPH Intra website
- supervisor
- units hygiene contact persons.

## Other questions on hygiene related issues

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# Little hygieneguide



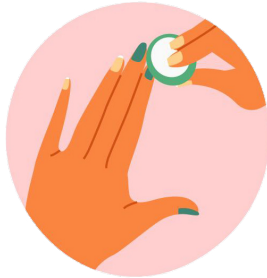
Österbottens välfärdsområde  
Pohjanmaan hyvinvointialue

## Welcome to work with us!

Through effective hygiene practices, we reduce and prevent spread of infectious diseases and healthcare associated infections.

### General information

- Wear short-sleeved working clothes. If possible, change your work clothes every day and also if it gets wet or soiled.
- Put soiled clothes in the laundry basket. Do not wash your work clothes at home.
- Store work clothes separately from your private clothes.
- Keep your long hair tied back. Take off jewellery, watches, rings and bracelets from your hands.
- Keep your fingernails short. Do not use nail polish, gel or structural nails.
- Facial piercings are not recommended.
- There are lots of microbes on the surface of a phone. Avoid unnecessary use of a phone and disinfect your hands after using it.



### Vaccine protection

- Check your vaccination coverage. We follow Section 48 of the Communicable Diseases Act to protect patients and clients.



**Feel free to ask if you have any questions!**

## Handhygiene

### Wash your hands

- when you come to work and when you leave work
- before applying disinfectant if your hands are dirty
- when you have treated a patient who vomits or has diarrhoea
- before cooking or preparing food and after using the toilet.

Wash your hands with soap and water. Dry your hands with a disposable hand towel.



### Disinfect your hands

- before and after each care contact
- before and after using PPE / personal protective equipment
- after unclean work / After contact with body fluids
- before a clean task and before touching clean equipment
- after touching the patient's surroundings.



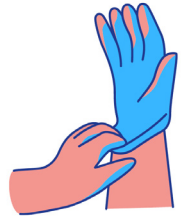
Take enough hand sanitizer. Rub your hands long enough until they are dry.

## PPE / personal protective equipment

Always disinfect your hands before and after using protective clothing. Protective equipment is disposable, patient and procedure specific. They are put on just before use and removed immediately after use. Protective equipment protects both patients and staff.

### Wear protective gloves if you are in contact with

- blood
- body fluids or other substances
- mucous membranes, wounds, damaged skin
- chemicals.



You do not need to wear protective gloves when, for example:

- brushing patients' hair
- making the bed
- rehabilitating a patient
- transporting a patient
- helping with taking off clothes or getting dressed.

### Use an apron

- when there is a risk of your work clothes getting soiled or wet
- handling used/contaminated
- where there is a risk of secretion splashes
- for example, when helping patient to: shower or going to the toilet and with other hygiene or wound care

