

NEWS RELEASE
Wednesday, May 5, 2010



For immediate release

Sunrise Health Region Recognizes National Hand Hygiene Day

Wednesday, May 5, 2010 is the first "Stop! Clean Your Hands" Day in Canada. A number of national and provincial patient safety organizations will be acknowledging "National Clean Your Hands Day", and Sunrise Health Region will be joining their colleagues across the country in promoting the benefits of proper hand hygiene in healthcare. Sunrise Health Region wishes to remind the health care workers and the public about the role everyone plays in stopping the spread of illness in the community and upon entering and exiting health care facilities.

To properly clean hands:

- Rub all parts of the hands with an alcohol-based hand rub or soap and running water
- Pay special attention to fingertips, the area between fingers, the backs of the hands and the base of the thumb.

To help keep hands clean and germ-free:

- Keep fingernails short
- Remove rings and bracelets when cleaning hands
- Do not wear artificial nails
- Remove chipped nail polish

When proper hand hygiene should be performed:

- Before preparing, handling, serving or eating food
- After personal body functions
- If in a setting where gloves are required, before putting on and after taking off gloves
- If entering and/or leaving a healthcare facility use the hand sanitizers that are available at entrances to reduce the chance of spreading infections

According to the Public Health Agency of Canada, hands spread an estimated 80 percent of common infectious diseases like the common cold and flu. These same disease-causing germs are easily removed from your hands with good hand washing techniques. Proper hand hygiene is everyone's responsibility.

-30-

For information about this news release or to arrange interviews, please contact Sharon Tropin, Director of Communications 306.786.0144.