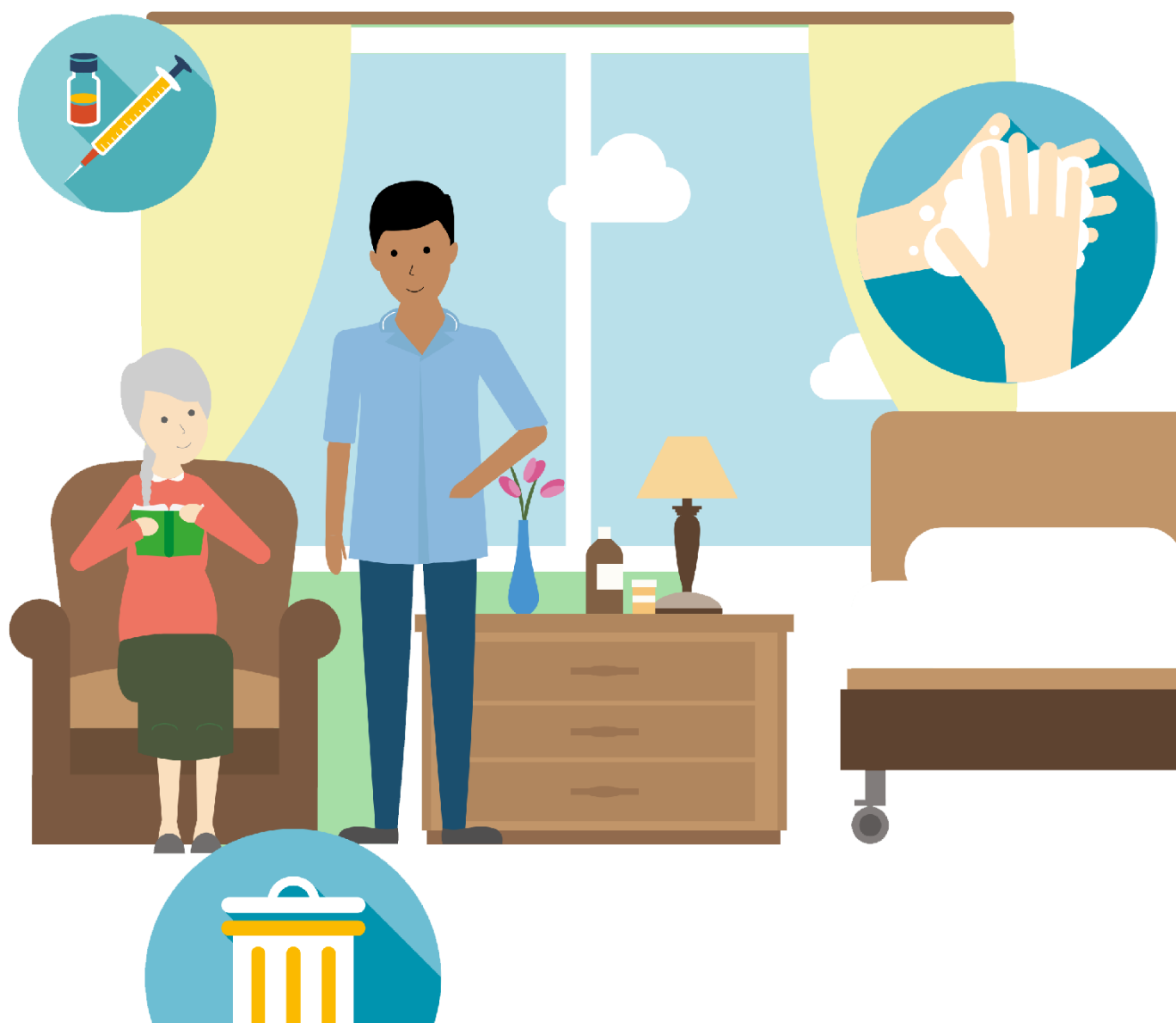


# Quick Guide to Infection Prevention at Elder Care Centre



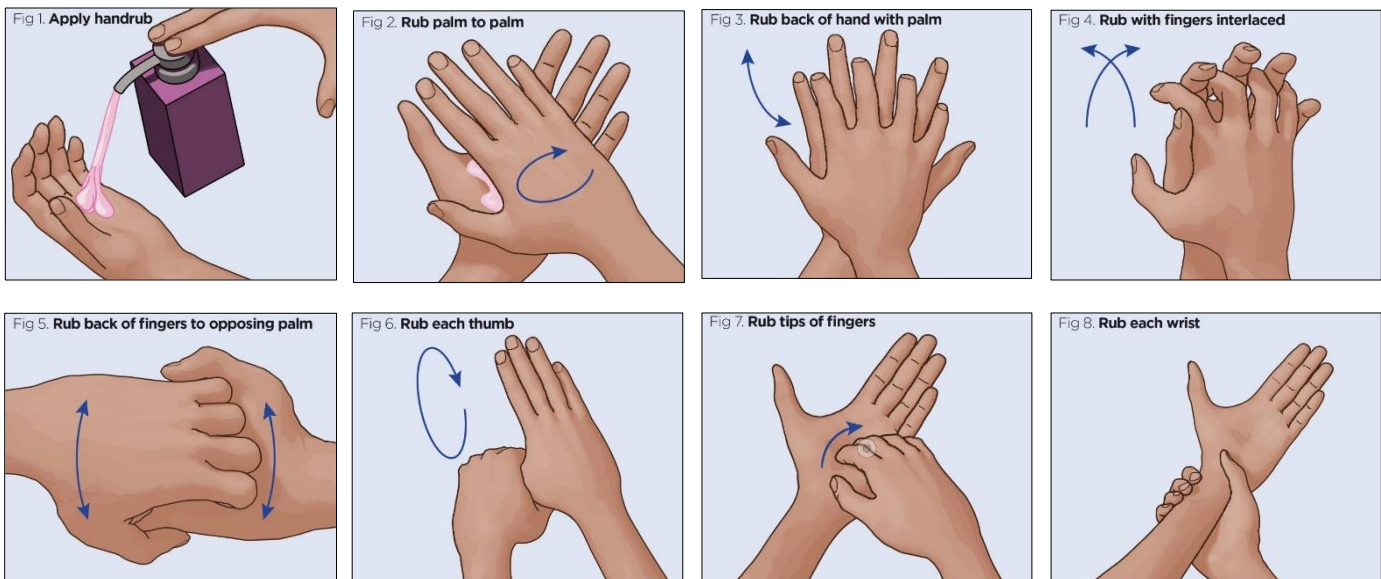
# Hand Decontamination

Having clean hands is the most effective way of preventing infection from spreading. There are 5 important moments when you should clean your hands:



\* Adapted from 'My 5 Moments for Hand Hygiene' – World Health Organization

## How to decontaminate hands using hand sanitiser:



\* Source: nursingtimes.net

# Best Practices on Wearing Gloves



\* Source: disasterblast.com

## Step-by-Step How to Remove Dirty Gloves



# Cough & Sneezes Spreads Virus Cover It To Prevent Covid19 Spread!



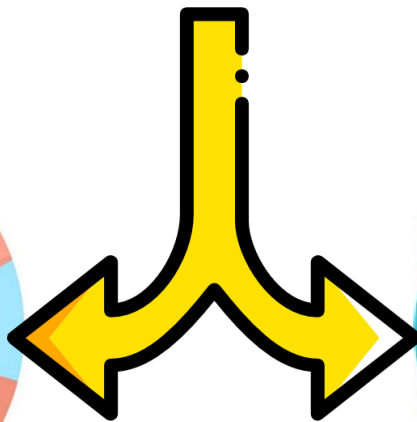
- ✓ Cover or cough into your **elbow**.
- ✗ Do not use your hands.
- ✗ Do not touch your face with your hands.



- ✓ Use a **tissue** when you cough/sneeze.
- ✓ Use tissue to cover mouth & nose.
- ✓ Throw used tissue into dustbin.



- ✓ Wash your hands immediately.



- ✓ Throw dirty tissue & wash your hands.