



**Yee Hong Centre
For Geriatric Care**

頤康中心

Aug 2021

Infection Prevention and Control (IPAC)

Training for Volunteers

感染預防與控制義工訓練



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TODAY'S ADGENDA

1

**Break the chain of transmission
切斷傳染鏈**

2

Hand hygiene 手部衛生

3

**Putting on and taking off PPE
正確穿脫個人防護裝備的步驟**

4

**IPAC while supporting residents at mealtime
協助長者用餐時的感染預防與控制要點**

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**IPAC while travelling to and from an LTC home
往返護理院路途中的感染預防與控制要點**

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Quiz 小測



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Are you ready?

Let's Begin!

1) Break the chain of Infection transmission

切斷傳染鏈



English video: <https://youtu.be/CmaA00M4kNI>



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2) Hand Hygiene 手部衛生



Hand washing, done correctly, is an important personal hygiene practice to prevent the spread of communicable diseases. Many diseases can be spread easily by soiled hands or respiratory droplets. To stop the spread, **just clean your Hands.**

用正確的方法洗手是保持個人衛生的良好習慣，能有效地防止傳染病傳播。如果雙手沾了髒污或呼吸道分泌物而沒有洗淨，便會很容易傳播疾病。要阻止傳播，**記得清潔雙手。**



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When should we clean our hands?

我們應該在甚麼時候洗手?



- Before preparing, handling, serving or eating food 在準備、處理、供應或食用食物之前
- After using the washroom, blowing your nose, etc. 去洗手間後、擤鼻涕後等
- Before putting on and after taking off gloves 戴手套前和脫手套後
- Whenever you are in doubt about the necessity for doing so 當你對是否需要洗手有疑問時
- In addition to the above indications for hand hygiene, there are some essential moments in health care settings where the risk of transmission is greatest and hand hygiene must be performed: **Your 4 Moments of Hand Hygiene**. 除了上述需要清潔雙手的時刻外，在醫療保健環境中還有一些重要時刻，傳播風險最大，必須進行手部清潔: **清潔雙手四時刻**



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4 Moments of Hand Hygiene (English video):

<https://www.youtube.com/watch?v=mcSi1a9pIdk>

When should we clean our hands? 我們應該在甚麼時候洗手?



2. 無菌操作前

1. 在接觸長者或 長者附近環境前



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When should we clean our hands?

我們應該在甚麼時候洗手?



1 BEFORE initial resident / resident environment contact	<p>WHEN? Clean your hands when entering:</p> <ul style="list-style-type: none"> • before touching resident or • before touching any object or furniture in the resident's environment <p>WHY? To protect the resident/resident environment from harmful germs carried on your hands</p>
2 BEFORE aseptic procedures	<p>WHEN? Clean your hands immediately before any aseptic procedure (e.g., oral dental care, eye drops, catheter insertion and changing a dressing)</p> <p>WHY? To protect the resident against harmful germs, including the resident's own germs, entering his or her body</p>
3 AFTER body fluid exposure risk	<p>WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal)</p> <p>WHY? To protect yourself and the health care environment from harmful resident germs</p>
4 AFTER resident / resident environment contact	<p>WHEN? Clean your hands when leaving:</p> <ul style="list-style-type: none"> • after touching resident or • after touching any object or furniture in the resident's environment <p>WHY? To protect yourself and the health care environment from harmful resident germs</p>



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When should we clean our hands?

我們應該在甚麼時候洗手？



1. 在接觸長者或長者附近的環境前	什麼時候？ 為什麼？	進入時請清潔雙手： <ul style="list-style-type: none">• 在接觸院友之前或• 在接觸院友環境中的任何物體或家具之前 保護院友/院友環境免受手上攜帶的有害細菌的侵害
2. 無菌操作前	什麼時候？ 為什麼？	在進行任何無菌操作（例如口腔牙科護理、滴眼液、導管插入和更換敷料） 保護院友免受有害細菌的侵害，包括院友自身的細菌，進入他或她的身體
3. 有接觸到體液的風險後	什麼時候？ 為什麼？	有接觸到體液的風險後立即洗手（以及脫下手套後） 保護您自己和醫療保健環境免受有害細菌的侵害
4. 在接觸長者或長者附近的環境後	什麼時候？ 為什麼？	離開時清潔雙手： <ul style="list-style-type: none">• 在接觸院友或• 在接觸院友環境中的任何物體或家具後 保護您自己和醫療保健環境免受有害細菌的侵害

Hand Hygiene and Glove Use

清潔雙手與使用手套



- The use of gloves does not replace the need to clean hands. 使用手套並不能代替清潔雙手。
- Discard gloves after each procedure and clean your hands. 每次相關程序結束後應丟棄手套並清潔雙手。
- Wear gloves only when indicated, otherwise they become a major risk for transmission of organisms. 僅在按指示有需要時才戴手套，否則它們會成為生物傳播的主要風險。



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The right way to clean our hands

正確的洗手方法



Liquid Soap and Running Water 用洗手液及流水洗手

用洗手液徹底洗手最少二十秒，能有效防止感染及傳播傳染病。

Washing hands thoroughly with liquid soap for at least 20 seconds can effectively prevent contracting and spreading communicable diseases.

Use Hand Sanitizer When You Can't Use Soap and Water

如沒有洗手液和流水，雙手沒有明顯污垢時，可用含至少60%酒精的酒精搓手液潔淨雙手。

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, and your hands are not visibly soiled, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.



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The right way to wash our hands 正確的洗手方法



Clean your hands with soap or alcohol hand rub to cover all aspects of hands 仔細潔潔雙手每部份



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The right way to clean our hands 正確的洗手方法



English video: <https://youtu.be/o9hjmques72I>

Cantonese video (before 1:44) 廣東話影片 (前1分44秒) :
<https://www.youtube.com/watch?v=jQpH-c7QpII>

Video with subtitles in English & Chinese 中英文字幕影片:
<https://www.youtube.com/watch?v=gT-EfuVNOIs>



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For 15 to 30 seconds—steps **1** through **5**



1. Wet hands with warm water



2. Apply enough soap to cover entire surface of hands



3. Vigorously rub soap palm to palm



4. Wash back of each hand with palm of other hand



5. Clean your wrists

Don't Forget—steps **6** through **8**



6. Space between fingers



7. Thumbs



8. Fingertips



9. Rinse all aspects of hands under running water



10. Pat hands dry with disposable paper towel, then use towel to turn off faucet



11. Dispose of paper towel in waste basket

Use a paper towel to turn off the tap
雙手洗乾淨後，不要再直接觸摸水龍頭



Use a paper towel to grab the door handle
雙手洗乾淨後，不要再直接開門



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Use Hand Sanitizer When You Can't Use Soap and Water 不能使用洗手液和水時使用酒精搓手液



Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs. 在許多情況下，酒精搓手液可以迅速減少手上的細菌數量。然而，酒精搓手液不能清除所有類型的細菌。

Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals. 酒精搓手液可能無法去除手上的有害化學物質，如殺蟲劑和重金屬。

The right way to use Hand Sanitizer 酒精搓手液的正確使用方法：

- Apply the product to the palm of one hand (read the label to learn the correct amount). 將酒精搓手液塗抹在一隻手的手掌上（閱讀標籤了解正確的用量）。
- Rub your hands together. 雙手互相揉搓
- Rub the product over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds. 將酒精搓手液揉搓在手和手指的所有表面上至變乾。這應該需要大約 20 秒。



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3) Putting on and taking off PPE 穿戴以及脫下個人防護裝備

How to wear a medical mask 如何佩戴醫用口罩

English video: <https://youtu.be/1YiLjpLXvg4>

Video in Cantonese with Chinese & English subtitles 中英字幕影片:
<https://www.youtube.com/watch?v=IBo8iOjnJJk>

Video in Cantonese with Chinese subtitles 中文字幕影片:
<https://www.youtube.com/watch?v=BZ8dFHOE2-4>



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3) Putting on and taking off PPE 穿戴以及脫下個人防護裝備



Personal Protective Equipment – how to put them on
個人防護裝備——如何佩戴

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>

Personal Protective Equipment – how to take them off
個人防護裝備——如何取下

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>



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Remove Gloves 脫除手套



Remember: gloves to gloves, skin to skin



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Videos 影片:

Taking off gloves 脫除手套: <https://youtu.be/WDI0Zj573Js>

Steps of Putting on P.P.E. 穿戴個人防護裝備的步驟

Put on PPE in the following order

1. *Perform hand hygiene!* 清潔雙手!
2. Gown 保護袍
3. Mask 口罩
4. Goggles/face shield 眼罩/面罩
5. Gloves 手套



Steps of Taking Off P.P.E. 脫下個人防護裝備的步驟

Take off PPE in the following order

1. Gloves 手套
2. Gown 保護袍
3. *Perform hand hygiene!* 清潔雙手!
4. Goggles/face shield 眼罩/面罩
5. Mask 口罩
6. *Perform hand hygiene!* 清潔雙手!



4) IPAC while supporting residents at mealtime 協助長者用餐時的感染預防與控制要點



1. Sanitize your hands before you come into the environment of the resident (table, room, etc.) 在您進入長者的環境（餐桌、房間等）之前，先對雙手進行清潔
2. The resident should also sanitize his/her hands before having a meal 長者用餐前亦應清潔雙手
3. The tables should be 2 metres or 6 feet apart 餐桌應相距 2 米或 6 英尺
4. Sanitize your hands after you finish assisting a resident 在完成對這位長者的服務之後要洗手
5. If your mask is visibly soiled, change to a new one 若您的口罩在此過程中變髒了，請更換新的



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4) How about your mealtime in our centre? 如果義工在中心內用餐



1. Check with staff where you can have lunch (tea room/staff lounge/office, etc.) 與職員確認您可以在哪裡午餐（茶室/員工休息室/辦公室等）
2. Physical distance or Plexiglass 物理距離或有機玻璃
3. In tea room or staff lounge, disinfectant spray and paper towel are provided. Please disinfect your table before and after meal. 在茶室或員工休息室，會有消毒噴霧和紙巾。請在餐前餐後對餐桌進行消毒。
4. Sanitize your hands before having a meal 餐前請清潔雙手
5. How to place your mask during your meal? 用餐時如何放置口罩？



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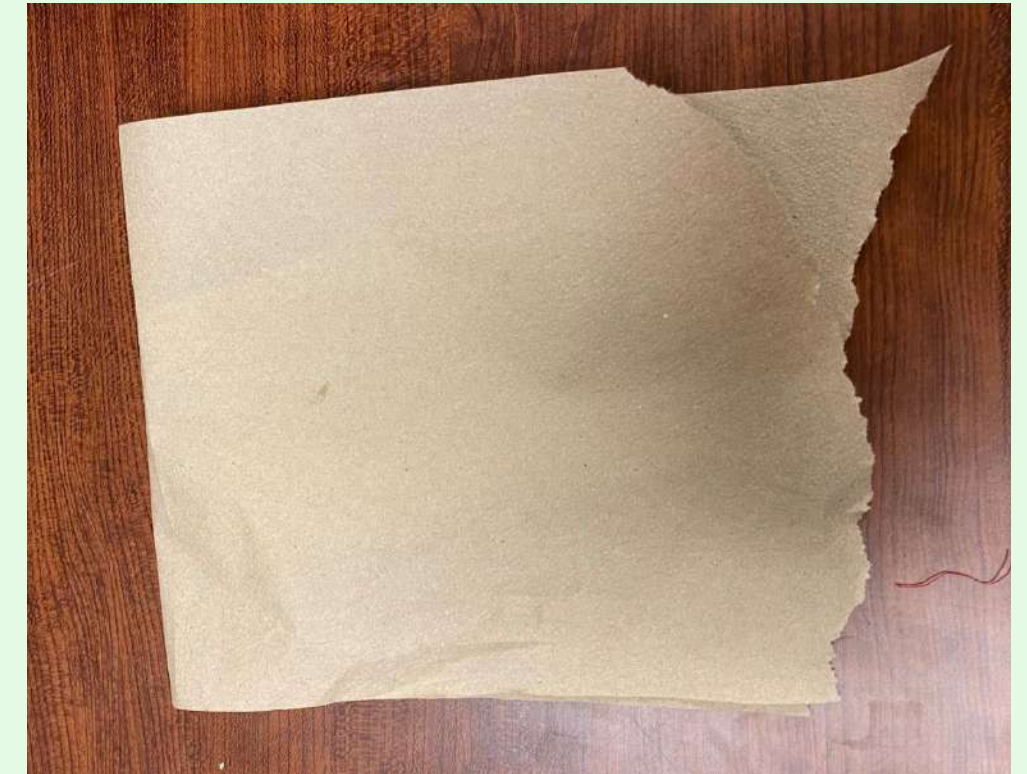
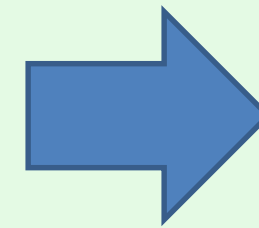
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How to place your mask during your meal?

用餐時如何放置口罩？



1. After sanitizing the table and your hands, place a paper towel on the table 在消毒餐桌及雙手後，將紙巾放在餐桌上
2. Carefully remove your mask by handling the mask from the ear loops only, place it on the paper towel, with the outside surface facing down, inside surface facing up 僅拿住繞耳的橡筋，小心地取下口罩並放在紙巾上，口罩的外表面朝下，內表面朝上
3. Cover the mask with another paper towel 用另一張紙巾蓋住口罩



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5) IPAC while travelling to and from an LTC home 往返護理院路途中的感染預防與控制要點



Travelling by public transit or by car pooling
乘坐公共交通工具或汽車共乘/拼車

** If you have symptoms such as fever or worsen cough, stay home, and do not take public transit or car pool 如有發燒或咳嗽加重等症狀，請留在家中，請勿乘坐公共交通工具或汽車共乘/拼車*

1. Wear a mask properly throughout the ride 在整個旅程中佩戴好口罩
2. After touching surfaces that you think may be contaminated, please wash/sanitize your hands immediately if possible 在接觸過可能被污染的表面後，請盡量立即清潔雙手
3. Always wash/sanitize your hands before you touch your mask , eyes, nose or mouth 在接觸口罩、眼睛、鼻子或嘴巴之前，請記得先清潔雙手
4. If possible, keep some distance between you and other people 盡量與其他人保持一定的距離



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5) IPAC while travelling to and from an LTC home 往返護理院路途中的感染預防與控制要點



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6. If possible, you could increase ventilation by opening a window 如有可能，您可以通過打開窗戶來增加通風
7. Avoid eating and drinking when you are taking public transit or car pooling 乘坐公共交通工具或汽車共乘/拼車期間應避免飲食
8. Wash/sanitize your hands thoroughly when you enter our locations or enter your home. 在進入我們的中心時，或回到自己家中時，都應清潔雙手。
9. Regularly clean/sanitize the items that you need to touch often: phone, keys, presto card, etc. 定期清潔/消毒您需要經常接觸的物品，如電話、鑰匙、交通卡等。



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**Now it's quiz time!
現在是小測時間!**



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**Thank you for attending this
training!**

感謝您參加本次義工訓練!

