

To: All Clients and Employees

From: The Best Care Team

The purpose of this notice is to provide information and resources on best practices in limiting the spread of communicable diseases. Best Care asks all caregivers to cooperate in taking steps to reduce the transmission of communicable diseases including COVID-19, such as following universal precautions and correct handwashing procedures. Below are instructions for proper handwashing techniques, guidelines for when to wash your hands and additional resources from the MN Department of Health on Handwashing and communicable disease interventions.

The six steps to handwashing:

1. Wet hands with warm, running water.
2. Add soap.
3. Rub hands vigorously for 20 seconds.
 - Wash all surfaces including:
 1. Backs of hands
 2. Wrists
 3. Between fingers
 4. Tips of fingers
 5. Thumbs under fingernails—
 1. nailbrush is best
4. Rinse.
 - Keep fingers pointing down
5. Dry vigorously with paper or clean cloth towel.
6. Turn off faucet with towel and open door with towel.



When to wash your hands:

- After arriving.
- After coughing or blowing your nose.
- Before making or eating food.
- After playing with animals.
- After using the bathroom.
- After playing outdoors.
- Before and after changing contact lenses

Other important steps in preventing the spread of germs include covering your mouth and nose with a tissue when you cough or sneeze or cough and sneeze into your upper arm, **not your hands.**

For additional information and resources, please visit the MN Department of Health at:

<https://www.health.state.mn.us/people/handhygiene/materials.html>

Any questions or concerns regarding the above, contact our office at (651) 330-2550.

Thank you

The Best Care Team