

## In This Issue

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## Have an infection control question?

Contact us at:

[InfectionControl@la.gov](mailto:InfectionControl@la.gov)

## Hand Hygiene Basics



**The fall and winter months bring an increased risk of infection with viral and bacterial respiratory illness. Now is a great time to reinforce hand hygiene with staff, especially among your CNAs, EVS, and other auxiliary staff.**

- Alcohol-based hand sanitizers are the preferred method for cleaning your hands in most clinical situations because it:
  - Is more effective at killing germs on hands than soap
  - Is easier to use when providing care, especially when moving from soiled to clean activities on the same patient or when moving between care of patients in shared rooms.
  - Results in improved skin condition with less irritation and dryness than soap and water.
  - Improves hand hygiene adherence.
- Know when to wash hands with soap and water:
  - When hands are visibly soiled.
  - Before eating.
  - After using the restroom.
  - During the care of patients with suspected or confirmed infection with *C. difficile* and norovirus.
- Remember to clean your thumbs, fingertips, and in between fingers when using alcohol-based hand sanitizers or soap and water
- Glove use is not a substitute for hand hygiene.
  - Hands should be cleaned before wearing gloves and immediately after removing them to avoid cross-contamination.

To learn more: [Hand Hygiene for Healthcare Workers](#)

## Featured Resource:

### [Clean Hands Count Infographics for Healthcare Providers](#)

#### Additional Hand Hygiene Resources:

#### 2023 Project Firstline Quarterly Webinar Series

- [Topic 2: Hand Hygiene](#)

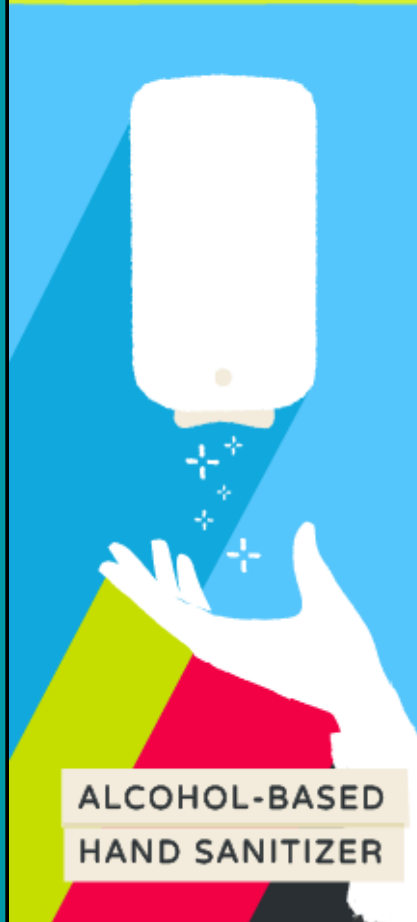
#### 2024 Project Firstline Quarterly Webinar Series

- [Topic 4: Hands On with Hand Hygiene](#)
- [Recording](#)

#### CDC Resources

- [Clean Hands in Healthcare Training](#)
- [Handwashing Facts](#)
- [Hand Hygiene FAQs](#)

## TECHNIQUE MATTERS WHEN CLEANING YOUR HANDS



ALCOHOL-BASED  
HAND SANITIZER

It only counts if you use the right amount, the right way.

- ▶ Use enough alcohol-based hand sanitizer to cover all surfaces of your hands.
- ▶ You might need more than one pump.
- ▶ For alcohol-based hand sanitizer, your hands should stay wet for **around 20 seconds** if you used the right amount.



Protect Yourself.  
Protect Your Patients.

Who do your **#CLEANHANDSCOUNT** for?



**[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)**

This material was developed by CDC. The Clean Hands Count Campaign is made possible by a partnership between the CDC Foundation and GOJO.

## Flu and COVID-19 Vaccine FAQs:

<https://www.cdc.gov/flu/vaccines/keyfacts.html>

<https://www.cdc.gov/covid/vaccines/faq.html>

## Stay Up-to-Date on Respiratory Virus Levels in Louisiana!

Respiratory Virus  
Dashboard:

<https://ldh.la.gov/page/respiratory-home>

## Interested in National Data and Trends?

Weekly U.S. Influenza  
Surveillance Report:

<https://www.cdc.gov/flu/weekly/index.htm>

COVID-19 Wastewater  
Data: <https://covid.cdc.gov/covid-data-tracker/#wastewater-surveillance>

COVID-19 Variant Data:  
<https://covid.cdc.gov/covid-data-tracker/>

## It's not too late to vaccinate!



## Vaccines to Protect Yourself this Respiratory Virus Season

### CDC Recommends

- Everyone 6 months and older should receive **updated 2024-2025 COVID-19 and Influenza vaccines** for fall/winter virus season.
  - Receiving updated 2024-2025 flu and COVID-19 vaccines can restore and enhance protection against these viruses and prevent illness, and the severity of illness if you become infected.
- People ages 65 years and older should get 2 doses of any 2024-2025 COVID-19 vaccine 6 months apart.
- Everyone ages 75 and older and adults ages 60-74 at increased risk of severe RSV infection should receive an **RSV vaccine**.
  - Adults 60-74 who are at increased risk include those with chronic heart or lung disease, certain other medical conditions, and those who are residents of nursing homes or other long-term care facilities.
  - RSV vaccine is NOT currently an annual vaccine, meaning older adults do not need to get a dose every RSV season. If you have already received an RSV vaccine, you do not need to get another one.
  - The best time to get an RSV vaccine is in late summer and early fall—just before RSV usually starts to spread in the community

### Vaccine Recommendation Sources

- Flu: <https://www.cdc.gov/flu/vaccines/vaccinations.html>
- COVID-19: <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>
- RSV: <https://www.cdc.gov/vaccines/vpd/rsv/index.html>