

# HAND HYGIENE FOR PEOPLE WITH SPINAL CORD INJURY

Version 2

25 March, 2020

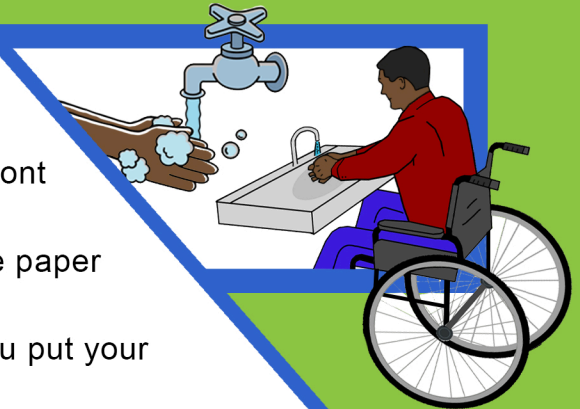
## PREVENTING COVID-19

### HAND HYGIENE BASICS

1

- Soap and warm water: **20 seconds, all parts of hand** (front & back, under nails, between fingers, wrists), or
- Sanitizer (60% alcohol): cover **all parts of hand** (front & back, under nails, between fingers, wrists).
- Take care when you dry your hands; use single-use paper towels in a public place or a clean towel at home.
- **Avoid touching your face**; keep track of where you put your hands and clean those items/surfaces regularly.

The coronavirus (that causes COVID-19) can live for **hours or even days** on a variety of materials; be especially careful of **surfaces in public areas** that are touched by many people (elevator/door buttons, keypads, handrails, touchscreens, etc.).



### MANUAL WHEELCHAIR USER

- **Wash your hands** frequently and whenever you enter your living space.
- Remove **gloves** first and clean them with a non-damaging cleaning product.
- After you wash your hands, be **careful about touching your tires**; if you need to transfer, you may want to use paper towels or cloths to cover your tires.

2a

- Clean your **pushrims** as well, since you're constantly touching them... anything that gets on your pushrims is very likely to get on your hands.
- Clean your **brake handles, push handles** and any other parts of your wheelchair that anyone touches with their hands.
- Clean your tires regularly, and try to **avoid making contact** between your hands and your tires when you're pushing.



### POWER WHEELCHAIR USER

2b

- **Wash your hands** frequently and whenever you enter your living space.
- If you're not able to wash your hands, get **someone to help you** clean them with soap and water or sanitizer.
- Clean your **joystick** and any other **controls** (while taking care not to damage the electronics)
- Clean your **armrests, tray**, and any other parts of the wheelchair that your hands touch.



This advice is meant to address the COVID-19 pandemic. Certain supplies may be limited but you can still protect yourself and prevent infection using the cleaning products you have; soap and water is always better than nothing.



## EVERYONE

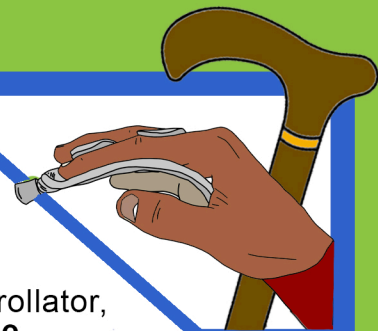
3

- Clean your **cell phone** or other mobile device, and any parts of a **bag or backpack** that you touch.
- Clean your **keys, wallet**, and any **cards** you use in public places.

## OTHER ASSISTIVE DEVICES

4

- Clean all parts of any **splints, cuffs, braces, or reachers**, or any other assistive device that you touch with your hands.
- Clean the handles of your **cane or crutches**.
- Clean the **handgrips and brakes** of your walker or rollator, and any other part that you touch (such as a **storage compartment**).



## USING YOUR MOUTH

5

- If you have limited hand function, you may typically use your **mouth** to grasp and hold all kinds of things. Although it may be more difficult, it's a good idea to find **other strategies** (including **asking for help** if necessary) so you can avoid using your mouth, **ESPECIALLY** with any object that **someone else** may have touched.



These measures may seem difficult and time-consuming, but it is **EXTREMELY IMPORTANT** for people living with SCI to prevent infection by the coronavirus. During the current emergency, taking **every possible measure** to protect yourself will help you stay healthy.

More information on COVID-19 and people living with SCI:  
[www.sciontario.org/covid-19-update](http://www.sciontario.org/covid-19-update)