

# HANDWASHING FOR CENTRAL VENOUS LINE (CVL) CARE



## Why is handwashing important?

Your child or teen could develop a very serious infection if germs like bacteria or viruses get into the CVL or port.

### Hand washing:

- is the most important part of sterile (aseptic) technique
- prevents the spread of germs from your hands to the CVL or port
- will clean your hands, but will not remove all the germs – your hands will not be sterile, so you must still be careful when handling equipment.

### Remember!

Germs like bacteria and viruses can grow:

- on a bar of soap
- in liquid soap

You can still use bar soap and liquid soap to wash your hands, but you'll need to make sure to:

- rinse bar soap before washing your hands with it
- rinse the inside of liquid soap bottles carefully before you refill them



## What you need

- running hot and cold water
- soap in a liquid pump or bar soap
- paper towel or a fresh cloth towel

Steps	Key points
1. Remove all jewelry and watches. Roll up shirt sleeves.	• It is difficult to remove all the germs caught on rings, watches and bracelets.
2. Turn on the water and adjust the temperature and flow.	• Water that is too hot or too cold water can irritate the skin.
3. Wet hands and forearms.	• It is easier to lather the soap if your hands and forearms are wet.

<p>4. Apply soap over hands, wrists and forearms. Scrub vigorously for 1 full minute starting at fingers, between the fingers, over the palms, the back of the hands, wrists and forearms (in a circular motion).</p>	<ul style="list-style-type: none"> <li>• Always work from the cleanest (fingers) to the dirtiest (forearms), never returning to an area just scrubbed.</li> <li>• Friction is very important when hand washing.</li> </ul>
<p>5. Rinse hands and forearms (one at a time).</p>	<ul style="list-style-type: none"> <li>• Rinse well to remove all of the soap residue.</li> <li>• Hold the hands up after rinsing so that the water will not run down to the hands, which could carry bacteria to this clean area.</li> </ul>
<p>6. Dry your hands (one at a time) with a paper or fresh cloth towel.</p>	<ul style="list-style-type: none"> <li>• Use a patting motion to dry hands and dry the same way you washed, starting with the fingers and hands, and working up to the forearm.</li> <li>• Your hands must be completely dry so that the supplies do not become wet.</li> <li>• It is difficult to put on sterile gloves if your hands are still wet.</li> </ul>
<p>7. Turn off the taps with the paper or cloth towel. If you use a cloth towel it should be washed before being used again.</p>	<ul style="list-style-type: none"> <li>• The taps are considered dirty. Don't touch them with your hands once they have been washed.</li> </ul>

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