

Infection Prevention update: Hand hygiene for SRS & Disability Support Services

Hand hygiene means washing your hands with soap and water or using alcohol-based hand rub.



Hand hygiene is extremely important because it helps stop germs spreading between people, including residents, staff and visitors.

Who should perform hand hygiene?
EVERYONE



Further information and resources are available from:

Residents, visitors and staff should perform hand hygiene:	Staff should perform hand hygiene according to the five moments for hand hygiene:
<ul style="list-style-type: none"> • Before and after eating 	<ul style="list-style-type: none"> • Before touching a resident
<ul style="list-style-type: none"> • After using the toilet 	<ul style="list-style-type: none"> • Before a procedure
<ul style="list-style-type: none"> • After blowing your nose, coughing or sneezing 	<ul style="list-style-type: none"> • After a procedure or body fluid exposure risk
<ul style="list-style-type: none"> • After handling waste 	<ul style="list-style-type: none"> • After touching a resident
<ul style="list-style-type: none"> • After contact with people or pets 	<ul style="list-style-type: none"> • After touching a resident's surroundings

- [Australian Commission on Safety and Quality in Healthcare: Hand Hygiene](#)

- [Hand Hygiene Australia: Appropriate Glove Use](#)

Environmental Health update: Date marks, use-by and best-before dates

The two most common date marks are use-by and best-before dates but what is the difference?

If you have any queries regarding food date marks, contact your local council environmental health department for further advice.



Date marks on foods are required by law but can sometimes be confusing.

Best-before dates are found on lower risk foods which generally do not require refrigeration such as biscuits, breads, breakfast cereals, lollies and chocolate. Eating foods with an expired best-before date is NOT unsafe, but the quality might not be as good. For example, the crisps might be less crispy or the bread might be dry. Foods that have a best-before date can be legally sold after that date.

Use-by dates are found on higher risk foods which require refrigeration, such as soft cheese, meats, fish, pates, cream, milk, and coleslaw. The date has been carefully calculated by the manufacturer. Eating food with an expired use-by date might make you sick, even if the food looks or smells fine. Foods cannot be legally sold with expired use-by dates.



Remember to follow any additional storage advice that the manufacturer has included on the food label, such as 'use within 2 days of opening' or 'store in the refrigerator after opening.'

The Western Public Health Unit is happy to assist with public health advice as needed and can be contacted as below:

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 1800 497 111

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