



Hand Hygiene



Effective hand hygiene stands as the simplest and proven method to halt the spread of infections, notably reducing rates of healthcare associated infections. Save lives with clean hands by stopping the spread of germs.

- Wash hands with soap & water when they are visibly soiled or patient is suspected/diagnosed with C. difficile
- Before and after touching a patient/patient surroundings
- Before clean/aseptic procedures
- After body fluid exposure or risk of exposure
- After removing sterile/nonsterile gloves & between glove changes
- Before entering or leaving patient room
- Before eating and after using the restroom



HOW?

Alcohol-based Antiseptic

- Apply palm-sized amount
- Rub both hands together until hands are dry

Soap and Water

- Wet hands with water
- Apply soap and spread all over hand surfaces, including wrist area
- Wash hands- interlocking of fingers, backs of hands, rubbing the thumb, in a back and forth motion. Vigorously rub hands together for at least 15-30 seconds
- Rinse thoroughly



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