

Why should you wash your hands?

- Handwashing prevents the spread of infection to yourself and others
- Handwashing removes dirt and tiny organisms that cause infection
- Handwashing will remove “germs” (bacteria, viruses, or fungi) that could be on your hands from contact with your environment
- Handwashing is the single most important means of preventing the spread of infection
- Handwashing reduces nosocomial infections
- Handwashing reduces healthcare worker occupationally acquired infection
- Handwashing can result in reductions in patient morbidity and mortality from nosocomial infections
- Handwashing causes a significant reduction in the carriage of potential pathogens on the hands



Make the Germs Go Away!

When should you wash your hands?

- Whenever hands are obviously soiled or dirty
- Before and after care-giving activities
- Before and after handling patients' articles, dressings, linen or equipment



- Before entering and leaving an isolation room
- After removing a pair of gloves because gloves may have tiny holes that are not visible
- After sneezing, coughing, and blowing or wiping your nose
- After using the restroom
- Before and after handling food
- Before eating meals or snacks
- Upon reporting to work and before going home

How should you wash your hands?



- Wet hands under warm, running water
- Apply soap and lather and scrub hands and wrists for 10-15 seconds.
- Pay particular attention to the nails, between the fingers, thumbs, and the backs of your hands
- If you have not removed your jewelry, pay close attention to this area: this is where bacteria, viruses, and fungi like to hide and multiply
- Rinse well under a stream of water
- Dry thoroughly to avoid chapping
- Use a paper towel rather than clean hands to turn off the faucet

Waterless Hand sanitizers

Waterless hand sanitizers are alcohol rinses or gels that can kill the germs on your hands. They do not remove dirt. . If your hands are soiled, you must first wash your hands with soap and water.

How do you use a hand sanitizer?

- Remove any dirt from your hands
- Put the hand sanitizer in the cup of your hand and rub together
- Be sure to coat all surfaces of your hands
- Rub your hands until they feel completely dry; this will take about 15 seconds.

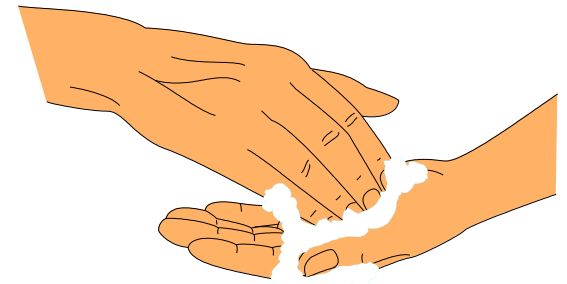
Bacteria, Viruses, and Fungi are all around us. Handwashing is an easy and important step that you can do to keep yourself safe and healthy.

By washing your hands the right way and at the right time, you are creating a healthier, safer environment for your patients.

This brochure is brought to you by:



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HANDWASHING

Make the Germs Go Away!

**For Your Health
and Your Patients.
Safety**