

When do I practice hand hygiene?



Before
touching a
patient



After glove
removal



Before
performing
invasive
procedures



After contact with
blood, bodily fluids,
non-intact skin or
mucous
membranes



Before
handling
dressings or
touching open
wounds



After contact
with potentially
contaminated
items



**Hand hygiene prevents carrying germs in
and out of patient environments.**

Hand Hygiene Methods



Soap and water

1. Lather with soap and water and rub hands vigorously for 20 seconds, covering all surfaces.
2. Rinse thoroughly.
3. Dry with a clean towel and use towel to turn off faucet

Alcohol-based Hand Sanitizer

1. Put hand sanitizer on the palm of one hand.
2. Rub hands, covering all surfaces of hands and fingers with hand sanitizer.
3. Rub until dry.

