

When Do I Practice Hand Hygiene?

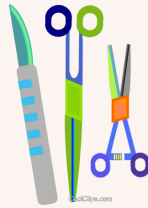
BEFORE
touching a
patient



BEFORE handling
dressings or
touching open
wounds



BEFORE performing
invasive procedures



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



AFTER contact
with potentially
contaminated
items



Hand hygiene prevents
carrying germs in and out of
the patient's environment.



AFTER glove
removal



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.