

# HEALTH CARE WORKERS: WASH YOUR HANDS!

IT'S THE BEST WAY  
TO PREVENT THE SPREAD OF INFECTIONS



## WHY

- **MOST (98%) INFECTIONS ARE SPREAD BY HANDS**
- **HAND HYGIENE IS *THE* MOST IMPORTANT WAY TO PREVENT THE SPREAD OF INFECTIONS**

## WHEN

- ***BEFORE AND AFTER* DIRECT CONTACT WITH A PATIENT**
- **AFTER GLOVE REMOVAL**
- **AFTER CONTACT WITH ENVIRONMENTAL SURFACES IN THE VICINITY OF A PATIENT**
- **AFTER USING THE RESTROOM**
- **AFTER SNEEZING, BLOWING YOUR NOSE, OR TOUCHING YOUR FACE OR HAIR**

## HOW

- **USE SOAP AND WARM WATER IF HANDS ARE VISIBLY SOILED**
  - **RUB HANDS TOGETHER VIGOROUSLY FOR AT LEAST 15 SECONDS**
  - **RINSE UNDER RUNNING WATER AND PAT DRY**
  - **TURN WATER OFF WITH TOWEL**
- **IF HANDS AREN'T VISIBLY SOILED, YOU CAN USE ALCOHOL-BASED HAND RUB**
  - **APPLY TO PALM OF ONE HAND AND RUB HANDS TOGETHER TO COVER ALL SURFACES**
  - **RUB UNTIL HANDS ARE *DRY***

