Effective Handwashing

When

❖ Before and after giving direct care
❖ Before medication preparation
❖ After contact with blood or body fluids
❖ Whenever gloves become contaminated
❖ After glove removal
❖ Before eating
❖ After toileting
❖ When hands are soiled
   ❖ after sneezing, coughing, or blowing your nose, etc

How

❖ Use 1 teaspoon of liquid soap and warm running water
❖ Keep hands lower than elbows
❖ Lather and wash all surfaces thoroughly, including wrists, palms, backs of hands, fingers, and under the fingernails
❖ Rub hands together for at least 15 seconds
   ❖ 90 seconds if grossly contaminated
❖ When drying, if possible, use a clean or disposable towel, pat your skin rather than rubbing to avoid chapping and cracking
❖ Turn off faucets with the paper towel
❖ Dispose of paper towel properly
❖ Apply hand lotion after washing to help prevent and soothe dry skin
WASHING HANDS

TURN ON WATER

WET HANDS

GET SOAP

RUB HANDS

RINSE HANDS

GET PAPER TOWEL

DRY HANDS