

B.. *Hand Hygiene*

Hand Hygiene with Soap and Water

1. Remove jewelry.
Wet hands with warm water



2. Add soap to palms



3. Rub hands together to create a lather



4. Cover all surfaces of the hands and fingers



5. Clean knuckles, back of hands and fingers



6. Clean the space between the thumb and index finger



7. Work the finger tips into the palms to clean under the nails



8. Rinse well under warm running water



9. Dry with a single-use towel and then use towel to turn off the tap



Minimum wash time 10-20 seconds.

Hand Hygiene with Alcohol-based Hand Sanitizer

1. Remove jewelry. Apply enough product to open palms.**



2. Rub hands together palms to palms



3. Rub in between and around fingers



4. Cover all surfaces of the hands and fingers



5. Rub backs of hands and fingers. Rub each thumb.



6. Rub fingertips of each hand in opposite palm



7. Keep rubbing until hands are dry.

****The volume required to be effective varies from product to product. Enough product to keep hands moist for 15 seconds should be applied.**

Do not use these products with water. Do not use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty or contaminated with blood or other body fluids. Certain manufacturers recommend washing hands with soap and water after 5-10 applications of gel.