

## Healthcare Staff:

# Stay Healthy & Wash Your Hands!

## WHEN to Wash Your Hands

- Before, during, and after **work**
- Before and after eating **food**
- Before and after having direct contact with a **patient's skin** (e.g. taking a pulse or blood pressure, performing exams, lifting a patient in bed)
- After contact with **body fluids, blood, or wound dressings**
- After contact with **high traffic objects** (e.g. medical devices, handrails, counters, time clocks)
- After removing **gloves**
- After touching your **nose, ears, eyes, or mouth**
- After using the **restroom**
- After **coughing, sneezing, or blowing your nose**
- After taking a work **break**

## HOW to Wash Your Hands



### Wet

Wet hands with hot or cold running water.



### Wash

Apply soap, lather & scrub backs of hands, under nails & between fingers for 20 seconds. If soap and water are unavailable, use alcohol-based hand sanitizer.



### Rinse

Rinse hands under hot or cold running water.



### Dry

Dry hands using a clean towel or air-dry.

*Source: Center for Disease Control*