HAND WASHING

HAND WASHING: Stops the spread of infection!

Hand washing is the *simplest* and *single most important* step you can follow to stay healthy.

Certain germs can enter your body through open sores, your eyes, mouth and nose. Many infections can be spread by direct contact with hands that are carrying certain germs. This is why you should always wash your hands to stay healthy.

WHEN YOU SHOULD WASH YOUR HANDS:

- Before and after eating
- Before and after handling food and raw meats
- After coughing or sneezing into your hands
- After using the toilet
- Before and after bandage or diaper changes for adults or children
- After touching an open wound
- After visiting another patient's room

OTHER WAYS TO STOP THE SPREAD OF INFECTION:

- Keep kitchen countertops clean when preparing beef, chicken and fish
- Clean countertops with warm, soapy water

STEPS FOR GOOD HAND WASHING:

1. Wet your hands under warm, not hot, running water.
2. Rub your hands together with soap and work up a lather.
3. Wash your hands completely: palms, sides, backs, thumbs, between your fingers and under your fingernails for 15 seconds or longer.
4. Rinse your hands well with warm, not hot, running water, making sure you remove all the soap.
5. Pat your hands dry with a clean towel or paper towel.
6. Turn the water faucet off with the towel you used to dry your hands.
7. If your hands tend to be dry, use lotion to prevent chapping.

Hand hygiene is the single most effective way to prevent the spread of infections!