



HAND HYGIENE INFORMATION

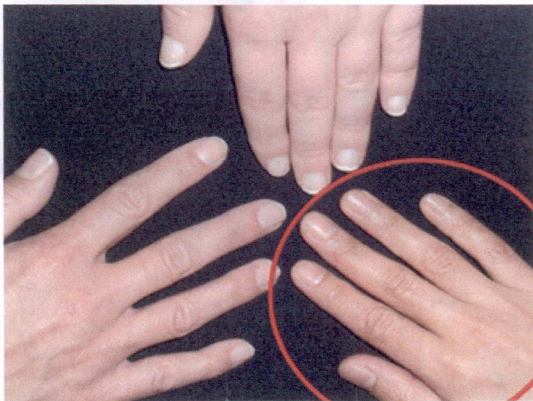
Hand Hygiene is a National Patient Safety Goal.

The Medical Center's accreditation status depends on Hand Hygiene Compliance.

HAND HYGIENE IS REQUIRED BY EVERYONE

Fingernails:

- Clean under fingernails whenever cleaning hands.** Thousands of germs can survive under and around fingernails.
- Artificial nail enhancements** including artificial nails, extensions, gels, tips, overlays, & affixed jewelry are **prohibited**.
- Keep nail polish in good repair.** Remove chipped polish.



CLEAN HANDS SAVE LIVES! Your Guide to Hand Hygiene

WHEN IS HAND HYGIENE REQUIRED?



Foam In Foam Out Clean Hands Save Lives

Entering the patient room/environment
(GEL-IN)

Exiting the patient room/environment
(GEL-OUT)

WASH WITH SOAP & WATER WHEN

- Visibly dirty
- Leaving the room of a patient with suspected or confirmed *Clostridium difficile* disease
- Before eating or handling food
- After using the restroom

WASH OR GEL
BEFORE & AFTER GLOVE USE



HAND HYGIENE TECHNIQUES

Alcohol gel: 20 seconds

Purpose: Kill germs on hands

1. Apply product to palm of one hand
2. Rub hands together
3. Cover all surfaces of hands and fingers (including nail beds, sides of fingers and thumbs)
4. Rub until hands are dry

Soap & Water Hand Washing: 1 minute

Purpose: Physically remove soil and germs

1. Wet hands with water
2. Apply soap to hands
3. Rub hands together vigorously for at least 15 seconds
4. Cover all surfaces of hands and nails.
5. Rinse hands to remove all soap residue
6. Pat dry with paper towel
7. Use towel to turn off faucet & open door

Surgical Hand Antisepsis:

Purpose: Remove higher numbers of germs before putting on sterile gloves

1. Remove rings, watches, other jewelry
2. Use a nail cleaner and running water to remove debris from under fingernails
3. Do one of the following:
 - a. Scrub for at least 3-5 minutes OR
 - b. Use an alcohol-based surgical hand rub after a 1-2 minute scrub:
 - i. Dry hands and forearms completely
 - ii. Apply alcohol-based product per direction, allow to air dry.
 - iii. Allow hands and forearms to air dry completely





Gel In Gel Out
Clean Hands Save Lives

**CLEAN
HANDS
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HAND HYGIENE**

