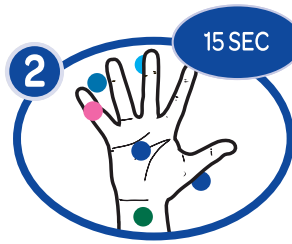


# Best Practices in Hand Hygiene<sup>1</sup>

## Using Alcohol-Based Hand Sanitizer (ABHS):



Apply product to the palm of one hand



Rub hands together vigorously covering all surfaces thoroughly



Should take at least 15 seconds to dry

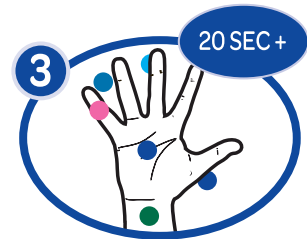
## Using Soap And Water:



Wet hands with lukewarm water



Apply the manufacturer's recommended amount of product to hands



Rub hands together vigorously covering all surfaces thoroughly



Rinse hands with water



Dry thoroughly with a disposable towel and use towel to turn off faucet.

## WHERE TO CLEAN YOUR HANDS



<sup>1</sup> World Health Organization. WHO guidelines on hand hygiene in health care. First global patient safety challenge: clean care is safer care. [http://whqlibdoc.who.int/publications/2009/9789241597906\\_eng.pdf](http://whqlibdoc.who.int/publications/2009/9789241597906_eng.pdf). Published 2009. Accessed March 1, 2015.

