

HEALTH CARE WORKERS: WASH YOUR HANDS REGULARLY

HANDWASHING IS THE BEST WAY
TO PREVENT THE SPREAD OF INFECTIONS.

**ALL EMPLOYEES
-MUST-
WASH HANDS
BEFORE RETURNING TO WORK**

**Wash your hands before work,
after using the restroom,
and after:**

- touching your hair, face, or body
- sneezing or coughing
- before and after direct patient contact
- after glove removal
- after contact with environmental surfaces near a patient

You should...

- use soap and warm water
- rub hands for 20 seconds
- wash:
 - hand backs and wrists
 - between fingers
 - finger tips and under nails
- rinse your hands well
- pat dry with paper towel
- turn water off with paper towel



**PROPER
HANDWASHING
GUIDELINES**



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