

# 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



HEALTH CARE COMPLIANCE CENTER  
TO REORDER CALL 1-800-986-0763  
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