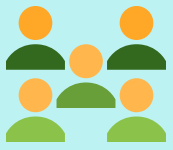




What is Hand Hygiene?



Who?

Hand hygiene is for everyone during our everyday activities at work and play.



What?

There are two ways to do effective hand hygiene



Handwashing

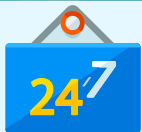
To effectively wash your hands you will need to:

- use soap and water
- make a lather
- ensure all areas of your hands are scrubbed for 20 seconds
- rinse thoroughly and dry



Hand sanitizer or alcohol based hand rub (ABHR)

Hand sanitizer (ABHR) should be at least 60% alcohol to be effective and applied to all areas of the hands and wrist and left to dry



When?

Hand Hygiene should be performed:

- Before and after eating
- After using the restroom
- After coughing or blowing your nose
- After playing outdoors or with animals
- When your hands look dirty

Where?



Hand hygiene can happen anywhere as long as you have access to the tools you need to get the job done.



Why?

Hand hygiene is one of the most important tasks we can do to avoid getting sick and spreading germs that can make other people sick.

Frequently Asked Questions-

Is washing your hands better than using sanitizer?

- In the general public, washing with soap and water is preferred. However, if soap and water is not available, ABHR is a great substitute. In the healthcare setting ABHR is preferred in most cases.

Is antibacterial soap better than regular soap?

- With proper use, all soaps are equally effective at removing germs.

How can I learn more?

The CDC (Centers for Disease Control and Prevention) has many resources and materials about Hand Hygiene. For general information visit this website-

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

ICP/HAI Section

Epidemiology and Scientific Support Bureau

1400 Broadway | Helena MT 59620-2951

406.444.0273

