

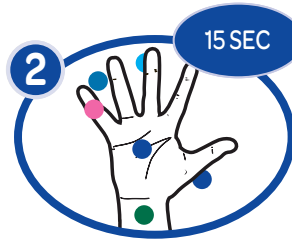
Best Practices in Hand Hygiene¹

HOW TO CLEAN YOUR HANDS

Using Alcohol Based Hand Rub (ABHR):



Apply product to the palm of one hand



Rub hands together vigorously covering all surfaces thoroughly



Should take at least 15 seconds to dry

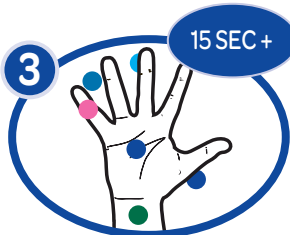
Using Soap And Water:



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



¹World 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. Published 2009. Accessed March 1, 2015.

