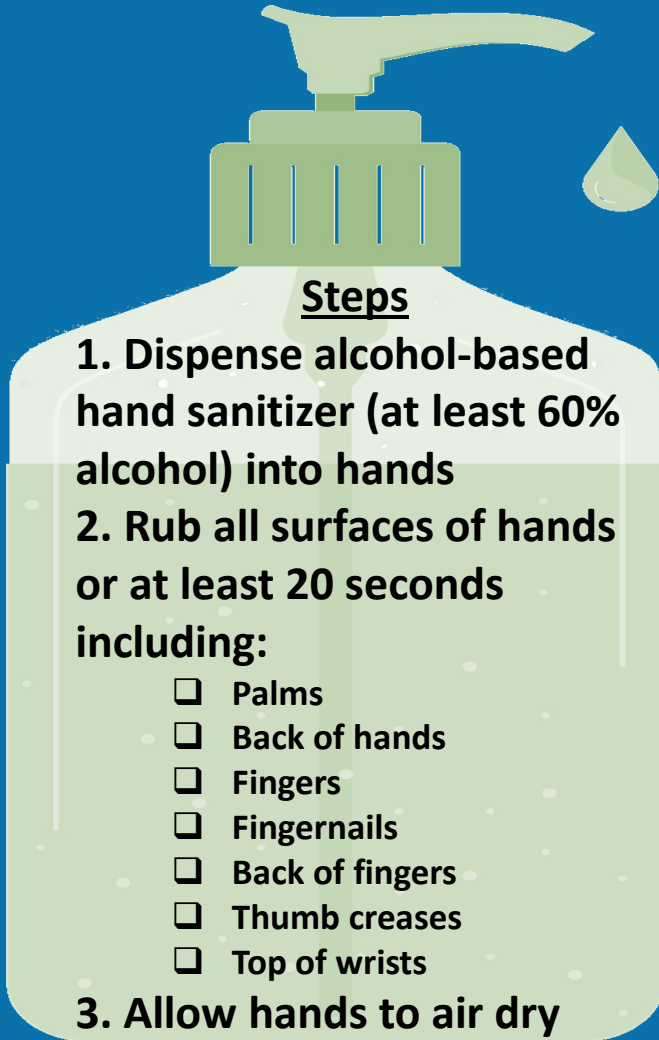


KEEP HANDS CLEAN

- ✓ Prevent the spread of germs
- ✓ Protect your residents, yourself and your coworkers

How to Hand RUB

How to Hand WASH



Steps

1. Dispense alcohol-based hand sanitizer (at least 60% alcohol) into hands
2. Rub all surfaces of hands or at least 20 seconds including:
 - Palms
 - Back of hands
 - Fingers
 - Fingernails
 - Back of fingers
 - Thumb creases
 - Top of wrists
3. Allow hands to air dry

Steps

1. Wet hands with water
2. Apply soap and lather
3. Scrub all surfaces of hands for at least 20 seconds including:
 - Palms
 - Back of hands
 - Fingers
 - Fingernails
 - Back of fingers
 - Thumb creases
 - Top of wrists
4. Rinse hands with water
5. Dry hands with towel
6. Use towel to turn off faucet
7. Discard hand towel

WHEN to perform hand hygiene

Before	After	
<ul style="list-style-type: none"> <input type="checkbox"/> Donning PPE <input type="checkbox"/> Touching a resident <input type="checkbox"/> Eating <input type="checkbox"/> Entering or exiting the facility <input type="checkbox"/> Touching shared equipment* <input type="checkbox"/> Food preparation <input type="checkbox"/> Entering a resident room <input type="checkbox"/> Performing a resident care task 	<ul style="list-style-type: none"> <input type="checkbox"/> Doffing PPE <input type="checkbox"/> Touching a resident <input type="checkbox"/> Eating <input type="checkbox"/> Entering or exiting the facility <input type="checkbox"/> Touching shared equipment* <input type="checkbox"/> Food preparation 	<ul style="list-style-type: none"> <input type="checkbox"/> Entering a resident room <input type="checkbox"/> Bodily fluid exposure <input type="checkbox"/> Handling garbage <input type="checkbox"/> Touching resident surroundings <input type="checkbox"/> Blowing your nose, coughing or sneezing <input type="checkbox"/> Performing a resident care task <input type="checkbox"/> After toileting

*Examples of shared equipment: Blood pressure cuffs, thermometers, glucometers, walkers, wheelchairs, shower chairs

