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A Medical Supply Company

Healthy Connections
by Home Care Delivered

Helpful Hints - Good Handwashing*
The First Defense in Preventing Infection*

The single most important thing you can do to prevent the spread of infection is to wash your hands. Keeping your hands clean may help you to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing your hands with soap and clean running water. If soap and clean water are not available, the use of 60% alcohol-based sanitizer to clean the hands is acceptable.

Wash Your Hands

- Before, during and after food prep.
- Before eating food.
- After using the toilet.
- After changing diapers and providing incontinence care.
- After caring for someone who has been ill.
- After coughing, sneezing or blowing your nose.
- After touching an animal or animal waste.
- Before and after treating an injury or wound.
- Before and after the use of all medical supplies.
- Before and after all medication administration and injections.

Hand Washing Procedure

- Wet your hands with clean, warm running water and apply pump soap.
- Rub your hands together to make a lather and scrub them together for at least 20 seconds, cleaning the backs of your hands, between the fingers, and under the nails.
- Rinse your hands under running water and dry with a clean towel or air dry them. Use lotion to moisturize your hands and prevent dry, cracked skin which could create an entry for bacteria.
- Apply hand sanitizer to the palm of one hand, rub your hands together, covering your hands and fingers until dry. Do not use hand sanitizer if your hands are visibly dirty. Use soap and water instead.

Sources: Centers for Disease Control, http://cdc.gov/handwashing

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