Hand Washing

Tips for washing away illness



When Should I Wash My Hands?

You should wash your hands:



- eat or drink anything
 - put in or take out your contact lenses
 - put on your make-up



- go to the bathroom
- blow your nose, sneeze, or cough

What About Other People Who Come Into My Room?

Everyone who enters your room should wash their hands. This includes your nurse, doctor, chaplain, therapist, social worker, dietician, family, and visitors.

Visitors should wash their hands when they come into your room and before they leave. They should also wash their hands after going to the bathroom and before eating.

Do not be afraid to ask people to wash their hands before they touch you.

HOW SHOULD I WASH MY HANDS?

The use of soap and warm running water can get rid of dirt and grease on your hands. If you can see dirt on your hands, you should use soap and water to clean them. Just rinsing your hands with water will not clean them.

Follow these steps to wash your hands:

Step 1: Turn on water and let it run until it is warm, and wet your hands.

Step 2: Place soap on your hands and rub them together until you work up a soapy lather.

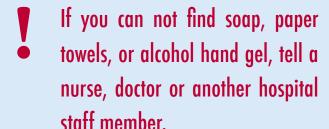
Step 3: Cover and wash all parts of your hands and fingers for at least 15 seconds. Be sure to get under your nails, around your cuticles, between your fingers and your wrists.

Step 4: Rinse your hands with warm water.

Step 5: Dry your hands with a clean paper towel or air dryer.

Step 6: Use a paper towel to turn off the water.

If you have long fingernails or artificial nails, make sure you scrub underneath your fingernails to remove dirt and germs.



How Do I Use An Alcohol-Based Hand Rub?

Alcohol-based hand rubs can get rid of germs on your skin. Hand rubs do not get rid of dirt and grease like soap and water. If you can see dirt on your skin, do not use hand rubs.

Follow these steps to use a hand rub:

Step 1: Place the hand rub on your hands.

Step 2: Rub your hands together and cover all parts of your hands and fingers.

Step 3: Rub your hands together until they are dry.

Do not wipe off or rinse your hands after using the hand rub.

Why Should I Wash My Hands?

Germs can make you sick. Germs are spread through hand contact. One of the best ways to stop the spread of germs is by washing your hands.

Remember...

- You can get rid of germs that cause illnesses by keeping your hands clean.
- Wash your hands with soap and water or an alcohol-based hand rub.
- Ask visitors to wash their hands before touching you.
- Do not be afraid to your doctor or nurse if they have washed their hands.



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