

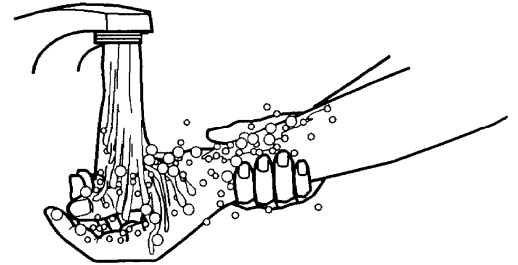
Hand Washing

One of the best things you can do to protect yourself and others from illness is careful and frequent hand washing. Your caregivers and visitors also need to wash their hands often. Ask everyone if they have washed their hands before they touch you or things that may be used in your care.

Hand washing also needs to occur at home where care is done by the patient or family member. Hand washing **must always** be the first and last step of care and is needed even if gloves are worn.

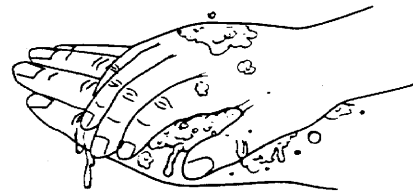
How to wash your hands

1. Turn on the water to warm. Adjust the flow so the water does not splash.



2. Wet your hands.

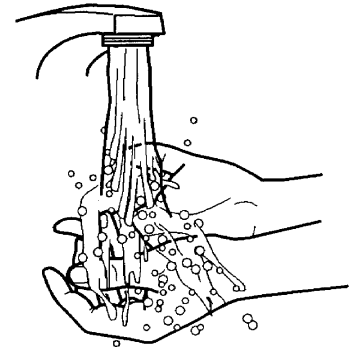
3. Rub soap over your wet hands.



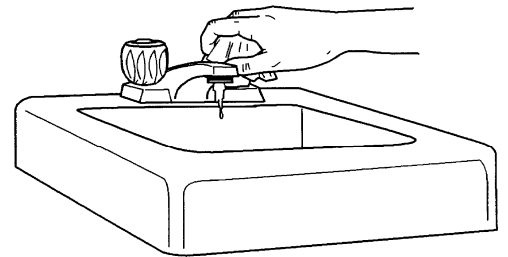
4. Lather the palms, the back of your hands and wrists. Rub your hands together on all sides, between your fingers and around your nails for at least 20 seconds.

5. You can use a nailbrush or an old toothbrush to clean under and around your nails.

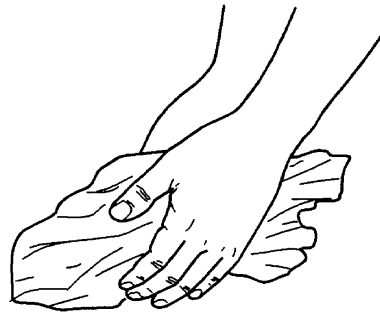
6. Rinse your hands well with warm water, **leaving the water running.**



7. Use a paper towel or clean towel in your hand to turn off the water. This keeps your hand clean when you touch the faucet handle, which is not clean.



8. Dry your hands.



Hand Sanitizer

Hand sanitizer is an alcohol-based cleanser. It can be used instead of soap and water if your hands do not look dirty or soiled. To clean your hands, put enough liquid on your hands to moisten the front and back of your hands and your fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands until they are dry.