

Get it Together for Infection Prevention

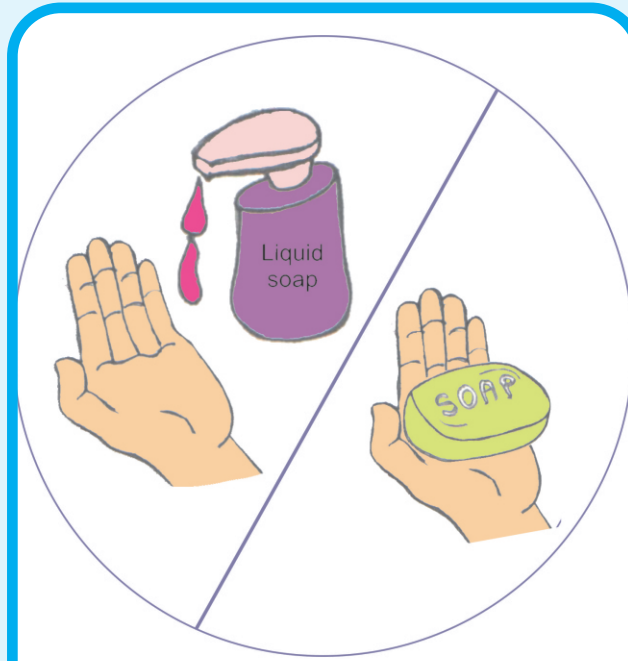
Why Wash Hands?

To protect ourselves and our clients from infections

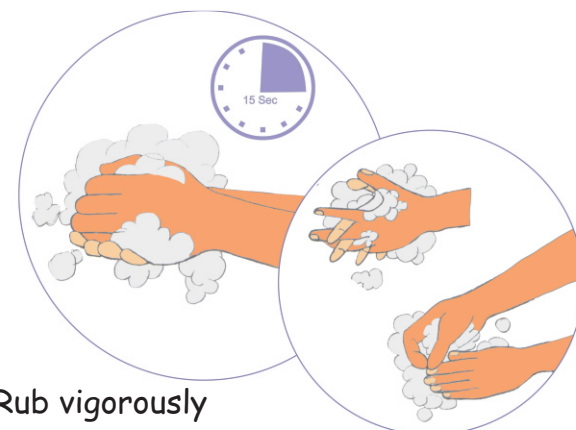
How to Wash Hands



Wet hands thoroughly



Apply soap



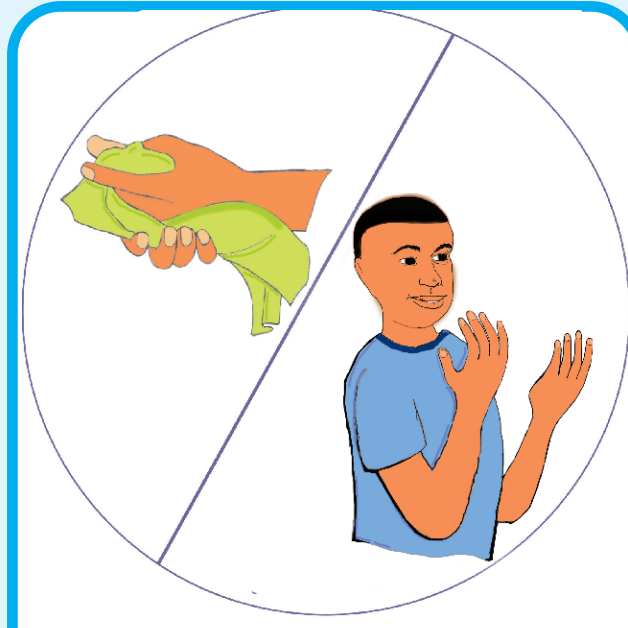
Rub vigorously
for 15 seconds

All over hands

- * Between fingers
- * On base of nails
- * Under fingernails



Rinse hands with clean water
until soap is gone



Dry hands with clean towel
or allow hands to air dry
DO NOT SHARE TOWELS



Turn off tap using towel



Apply hand lotion if needed
**Do not use petroleum jelly or
lanolin which can damage latex gloves**

When to Wash Hands

- When first arriving at work
- Before...
 - Seeing a client
 - Putting on sterile gloves
 - Leaving the health facility for home
- After...
 - Seeing a client
 - Handling soiled instruments
 - Touching mucous membranes, blood or other bodily fluids
 - Removing gloves

