

Hand Hygiene ¹

Hand hygiene means cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e. alcohol-based hand sanitizer including foam or gel), or surgical hand antisepsis.

CLEANING YOUR HANDS REDUCES:

- The spread of potentially deadly germs to patients
- The risk of healthcare provider colonization or infection caused by germs acquired from the patient

TWO METHODS FOR HAND HYGIENE: ALCOHOL-BASED HAND SANITIZER VS. WASHING WITH SOAP AND WATER

- Alcohol-based hand sanitizers are the most effective products for reducing the number of germs on the hands of healthcare providers.
- Alcohol-based hand sanitizers are the preferred method for cleaning your hands in most clinical situations.
- Wash your hands with soap & water whenever they are visibly dirty, before eating, & after using the restroom.

DURING ROUTINE PATIENT CARE

When to Use an Alcohol Based Hand Sanitizer

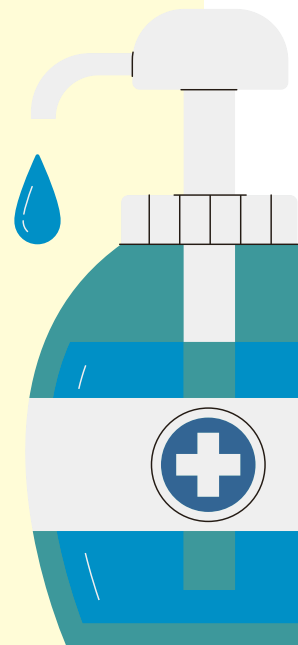
- Immediately before touching a patient
- Before performing an aseptic task (e.g., placing an indwelling device) or handling invasive medical devices
- Before moving from work on a soiled body site to a clean body site on the same patient
- After touching a patient or the patient's immediate environment
- After contact with blood, body fluids or contaminated surfaces
- Immediately after PPE removal

When to Wash with Soap and Water

- When hands are visibly soiled
- After caring for a person with known or suspected infectious diarrhea
- After known or suspected exposure to spores (e.g. *B. anthracis*, *C. difficile* outbreaks)

Project Firstline Resource Page

For more information on innovative and accessible infection prevention and control education for all frontline healthcare workers, scan this QR code to find interactive scenarios, toolkits, and links to on-demand trainings.



¹ PFL-T9-60Min-Slides.pptx