



# Hand Hygiene High Five!



Hand hygiene, washing your hands with soap and water or with alcohol-based hand rub, is one of the most important ways to prevent and control the spread of germs.

Alcohol-based hand rub is preferred in most situations is convenient and highly effective at removing germs. But soap and water hand washing is preferred:

- When hands are visibly dirty
- After using the bathroom
- Before eating
- If a person is infected with very hardy germs including C. diff or norovirus



**Hand hygiene is a high priority in a nursing home community. See the five, highly important times for performing hand hygiene below. 20 seconds is all it takes!**

## BEFORE & AFTER...

touching a resident to provide any care

## BEFORE...

clean or aseptic procedures like changing wound dressings or touching a catheter

## AFTER...

touching blood, body fluids or surfaces contaminated with blood or body fluids

## AFTER...

removing personal protective equipment (PPE) like gloves and face masks

## AFTER...

touching the resident's environment such as over bed trays and call buttons

Want to know more? Contact your [nursing home advocate](#) or send an email to [ICARE@unthsc.edu](mailto:ICARE@unthsc.edu)

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