WASH YOUR HANDS!
IT’S THE BEST WAY
TO PREVENT THE SPREAD OF INFECTIONS

**WHY**
- Most (98%) infections are spread by hands
- Hand hygiene is the most important way to prevent the spread of infections

**WHAT**

**WHEN**
- Before and after direct contact with a patient
- After glove removal
- After contact with environmental surfaces in the vicinity of a patient
- After using the restroom
- After sneezing, blowing your nose, or touching your face or hair

**HOW**
- Use soap and warm water if hands are visibly soiled
  - Rub hands together vigorously for at least 15 seconds
  - Rinse under running water and pat dry
  - Turn water off with towel
- If hands aren’t visibly soiled, you can use alcohol-based hand rub
  - Apply to palm of one hand and rub hands together to cover all surfaces
  - Rub until hands are dry

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