

HAND HYGIENE BEST PRACTICES

HAND HYGIENE METHODS

Cleaning your hands frequently throughout the day is an important step in stopping the spread of illness. Hand hygiene methods can be divided into two categories: hand washing and hand sanitizing. Although both washing and sanitizing can help to protect you from contracting or spreading disease, they are not the same.

HAND WASHING



**REMOVES MICROBES
AND CLEANS HANDS**

Check your hands often to see if they are visibly dirty and wash accordingly. Even when hands don't appear to be dirty, wash frequently and thoroughly with soap and warm water. Scrub with soap for 20 seconds and rinse for 10 seconds.

HAND SANITIZING



**DEACTIVATES
MICROBES BUT DOES
NOT REMOVE THEM**

Hand sanitizers should be used when hand washing is not an option and used in-between contact with other individuals or frequently touched items and surfaces. Do not use hand sanitizer as your only method for cleaning your hands.

HAND HYGIENE BEST PRACTICES

- ✓ Use enough hand sanitizer to cover all of your fingers and hands. Rub gently until hands dry.
- ✓ Use hand lotion after hands are completely dry to maintain proper skin health.
- ✓ When in public, maintain hand hygiene through the constant washing of hands with soap and water, if available, or hand sanitizer.
- ✓ Use a sanitizer containing at least 60% ethanol (also known as ethyl alcohol) and make sure it does **not** contain methanol.
- ✗ Never ingest hand sanitizer. It can be hazardous to your health.
- ✗ Do not use any hand sanitizer without alcohol as its main ingredient.
- ✗ Do not wipe off excess sanitizer. Allow 20 seconds for hand sanitizer to dry to deactivate microbes on hands.
- ✗ Avoid open flames when using hand sanitizer or while hands are still drying, as hand sanitizer is flammable.