

## HAND HYGIENE PROCEDURE

### How?

- Clean your hands by rubbing them with an alcohol-based formulation, as the preferred mean for routine hygienic hand antiseptics if hands are not visibly soiled. It is faster, more effective, and better tolerated by your hands than washing with soap and water.
- Wash your hands with soap and water when hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.
- If exposure to potential spore-forming pathogens is strongly suspected or proven, including outbreaks of *Clostridium difficile*, hand washing with soap and water is the preferred means.



### Hand care

- Take care of your hands by regularly using a protective hand cream or lotion, at least daily.
- Do not routinely wash hands with soap and water immediately before or after using an alcohol-based hand rub.
- Do not use hot water to rinse your hands.
- After hand rubbing or handwashing, let your hands dry completely before putting on gloves.

### Please remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.