

Did you know...

You touch your eyes, nose and mouth about 25 times per hour.

On average, health care providers perform hand hygiene less than half of the times they should.

Use Friction!

Follow these simple steps for proper hand hygiene —

- Rub your hands together with soap and water in circular motions, like you're making a figure 8. Interlace your fingers to make sure you clean all sides.
- Wash your hands for at least 20 seconds – singing Happy Birthday twice.
- Dry both hands using a paper towel.

Simple Strategies to Prevent Infections