

## WHEN DO YOU CLEAN YOUR HANDS?

- 1 Always before touching a resident/patient or their immediate environment.
- 2 Before and immediately after removing gloves.
- 3 After touching bed rails, bedside tables, remote controls or a phone (alcohol-based hand sanitizer is acceptable).
- 4 Before performing an aseptic task (e.g., placing an indwelling device), handling invasive medical devices or after contact with blood, body fluids or contaminated surfaces.
- 5 Before touching your eyes, nose or mouth (alcohol-based hand sanitizer is acceptable).
- 6 Before and after changing bandages.
- 7 After blowing your nose, coughing, sneezing or using the restroom (use soap and water).
- 8 Before consuming food (use soap and water).

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 1250W/HQI/QIN-QIO-0362-11/17/22

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## HAND HYGIENE

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## WHEN SHOULD YOU USE ALCOHOL-BASED GEL?

- Alcohol-based hand rub is preferred for decontaminating your hands, except when hands are visibly soiled (e.g., dirt, blood, body fluids) or after caring for patients with known or suspected infections, in which case soap and water should be used.
- Even if gloves will be worn, perform hand hygiene before and after glove removal.
- Use enough alcohol-based hand sanitizer to cover all surfaces of your hands. Rub your hands together until they are dry. Your hands should stay wet for around 20 seconds if you used the right amount.

## HOW TO USE HAND SANITIZER



APPLY SANITIZER  
TO PALM



RUB PALMS,  
HANDS AND  
FINGERNAILS



RUB UNTIL DRY



Clean Hands Count Materials | CDC



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