

HANDWASHING-

Improved hand hygiene has been shown to:

- Terminate outbreaks
- Reduce transmission
- Reduce overall infection rates
- When your hands are visibly soiled, use soap and water.
- Use soap and water (not alcohol based rub) with C Diff patients.
- Wash hands when entering and exiting patient room.
- Gloves reduce hand contamination by 70-80% and:
 - Prevent cross contamination
 - Protect patients
 - Protect healthcare workers
- Use of gloves does not eliminate the need for hand hygiene.
 - Gloves should be changed before and after each patient
- Alcohol-based handrubs
 - Reduce number of microorganisms
 - Are fast acting
 - Cause less skin irritation
- How to use
 - Apply (about the size of a gumball) to palm of one hand and rub hands together
 - Cover all surfaces of hands and fingers
 - Rub until hands are dry