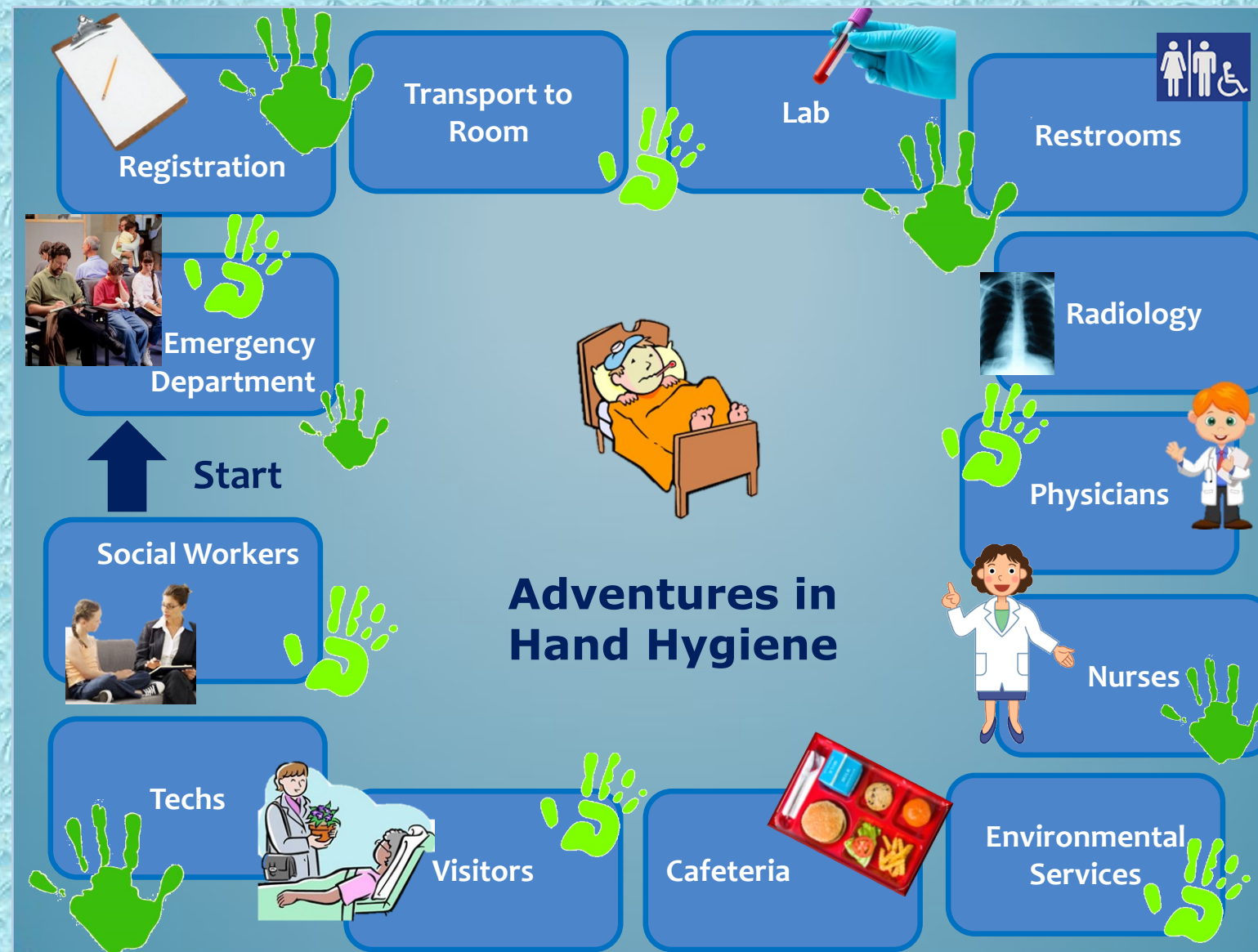


# Hand Hygiene is everyone's responsibility, from visitors to physicians!



## Your Hand Hygiene Journey in a Healthcare Facility Oh, the places you'll go and the things you'll touch!

### How should I wash my hands with soap and water?

- Wet your hands with clean, running water and apply soap.
- Rub your hands together to make a lather and scrub them well.
- Continue rubbing your hands for at least 20 seconds.
- Rinse your hands.
- Dry your hands using a clean towel or air dry them.



[www.preventHALaz.gov](http://www.preventHALaz.gov)

### How should I use alcohol-based hand sanitizer?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Sing the "Happy Birthday" song twice during hand washing!

Washing your hands can help stop the spread of germs!

Be aware! Germs live under your nails & jewelry!

Why wash my hands?  
To protect myself, family, and friends in the community!

Use a paper towel to turn off the faucet and open the door!

Wash your hands before and after changing your gloves!

Wash your hands for at least 20 seconds!

If you skip your thumbs, your hands are not clean!

Ask your providers if they washed their hands!

No soap or water?  
Hands do not look dirty?  
Use hand sanitizer to clean your hands!