

Clean Your Hands: *The Right Way!*

Alcohol-Based Hand Rubs*

Procedure for using Alcohol-Based Hand Rubs:

1. Apply product to the palm of one hand using the following approximate amounts:
 - **Gel:** dime-sized amount
 - **Foam:** egg-sized amount
2. Rub hands together until hands are dry, water is not required

*Alcohol-Based products are preferred in all cases except for visibly dirty hands or during care of an individual with *C. difficile*.



Procedure for Handwashing:



1
Wet your hands with clean running water and apply soap



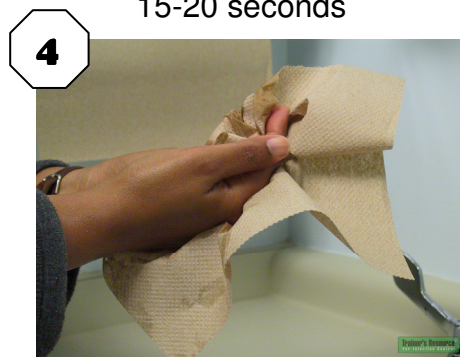
2
Rub hands together to make lather and scrub for 15-20 seconds

With either method, be sure to cover all surfaces of the hands and fingers including:

- Under your nails
- Around your wrists
- In between your fingers



3
Rinse hands well under running water



4
Dry your hands with a paper towel



5
Use your paper towel to turn off the faucet and open bathroom door