

Clean Your Hands

Germ on Hands Can Cause Illness

Everyone caring for a child, teen or adult in hospitals and clinics must have clean hands. This includes all members of the health care team: family, doctors, nurses, therapists, food workers, visitors, you and your child.

Why clean hands often at hospitals and clinics?

- ***There are many germs in hospitals and clinics that can cause sickness, including colds, flu, diarrhea and vomiting.***
- ***These germs live on human skin, furniture and equipment and are spread by the touch of unclean hands.***

When should I clean my hands?

Clean your hands often by either washing or using {insert brand here} foam or {insert brand here} gel. Be sure to clean your hands:

- Before and after you help with your child's care.
- Before you eat or feed your child.
- After touching Hospital furniture, equipment and toys.
- After you use the bathroom.
- After you sneeze, cough, wipe your nose or your child's nose.
- After you change a diaper or help your child in the bathroom.
- Before and after using PFT equipment.

How should I clean my hands?

With Soap and Water

When you can see dirt or soiling, it's best to wash with soap and water. There is a right way to wash your hands:

- Wet hands and wrists under warm running water.
- Use soap and rub hands together for a full 15 seconds (count to 15 seconds or sing the ABCs). Remember to wash between your fingers.
- Rinse and dry hands well.
- Turn off the faucet with a dry paper towel.



Important Note: Because alcohol is not sporicidal, alcohol-based, waterless hand sanitizers may not be as effective as soap and water in removing *C. difficile*

With Hand Foam or Gel

When hands are not visibly soiled, you can use the foam or gel. This gel is as good as hand washing with soap. Here's how you use it:

- Use a dime-sized amount of foam or gel on DRY hands.
- Rub well onto all surfaces of the hands and in between fingers.
- Allow to air dry—don't rinse off with water or dry with paper towels.

Protect your child, protect yourself.

Feel free to remind us to clean our hands before we care for your child.