



Hand Hygiene High Five!



Hand hygiene, washing your hands with soap and water or with alcohol-based hand rub, is one of the most important ways to prevent and control the spread of germs.

Alcohol-based hand rub is preferred in most situations is convenient and highly effective at removing germs. But, soap and water hand washing is preferred:

- When hands are visibly dirty
- After using the bathroom
- Before eating
- If a person is infected with very hardy germs including C. diff or norovirus

Hand hygiene is a high priority in a nursing home community. See the five, highly important times for performing hand hygiene below. 20 seconds is all it takes!

BEFORE & AFTER...

touching a resident to provide any care

BEFORE...

clean or aseptic procedures like changing wound dressings or touching a catheter

AFTER...

touching blood, body fluids or surfaces contaminated with blood or body fluids

AFTER...

removing personal protective equipment (PPE) like gloves and face masks

AFTER...

touching the resident's environment such as over bed trays and call buttons

Want to know more? Contact [your nursing home advocate](#) or send an email to geriatrics@unthsc.edu

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UTQHP28735. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the Health Resources and Services Administration or the U.S. Department of Health and Human Services.