SECTION #4

BEST DEFENSE:
HAND WASHING
YOU MUST WASH YOUR HANDS:

- Before preparing or eating food
- After using the bathroom
- After working directly with the person you are supporting, especially following changing incontinence garments, toileting, etc.
- Before and after tending to someone who is ill
ALSO, WASH YOUR HANDS
BEFORE AND AFTER:

✓ Blowing your nose, coughing or sneezing

✓ Touching eyes, nose, mouth, genitals, sores, acne, boils or rashes or any body fluids

✓ Handling animals or their waste

✓ After handling garbage

✓ Before and after treating a cut or wound
APPROPRIATE HAND WASHING

1) **Use soap and water**--wet hands using clean warm running water

2) **Rub hands together, lather, scrub** all surfaces, attention to **nails** (20 seconds/long enough to sing "Happy Birthday" twice)

3) **Rinse** hands under running water

4) **Dry** hands with paper towel or air dryer; use towel to **turn off** faucet and open door
ALCOHOL BASED GELS

If soap and water are not available, or in addition to hand washing, use **alcohol based gels**

1) Apply product to one palm of hand
2) Rub hands together
3) Rub product over all surfaces of hands, fingers and nails until hands are dry