



Take **15 Seconds** to Wash or Sanitize Your Hands

Help Prevent the Spread of Germs in Hospitals

Two easy ways to get a handle on germ control:

- 1** Wash your hands or use an alcohol-based sanitizer after coughing, sneezing, blowing your nose, using the restroom or touching frequently used objects.
- 2** As soon as visitors or hospital personnel enter your room, remind them to wash or sanitize their hands.



Did You Know?

Hand hygiene is the **single** most effective means of preventing the spread of infection.*

Hand Hygiene How-To's

Wash

- The Centers for Disease Control and Prevention (CDC) recommends washing your hands with soap and lukewarm or cooler water for at least 15 seconds. A good rule of thumb is to sing "Happy Birthday" twice.
- Wet your hands, apply soap and work into lather onto the backs of your hands and between your fingers. Work soap under your nails too, since this is a big place where germs can hide.
- To help avoid contaminating yourself with germs on the faucet, be sure to turn off the water using a paper towel when you're finished.

Sanitize

- The CDC recommends using an alcohol-based hand sanitizer when your hands are not visibly soiled.
- Thoroughly cover your hands and rub together for at least 15 seconds or use an alcohol hand sanitizing wipe.
- Don't forget to pay attention to the backs of your hands, wrists, nails and between fingers –killing germs where they hide.

Learn more about hand hygiene at:
healthcare.gojo.com/education

