



# Make Time for Lotion

## Increase lotion use when:

- ✓ Weather is cold or dry
- ✓ Adjusting to a new hand soap or sanitizer
- ✓ Hands are dry from activities outside of work like gardening, cleaning or mechanical work
- ✓ Hands feel tight, dry, flakey or look red for any reason

## APPLY LOTION

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### The more often the better! The best times to apply are:

- After washing with soap and water
- Right before a break or before charting when it has time to sit on your hands
- At the beginning or end of your shift
- Something is better than nothing!  
Even 2-3 times per shift can be helpful.

## TYPE OF LOTION

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### Use the lotion provided or approved by your hospital.

- Non-approved lotions may affect glove integrity or impact the efficacy of other hand hygiene products
- Lotions from home may be overly-fragranced and offensive

## AT HOME

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### Lotion at home, too!

- Creams are thicker than lotions. Use a thick, fragrance-free lotion or cream at home, especially before going to sleep.

Your hands are your most important tool. **Protect them!**

