



Hand Hygiene is the single most important practice to prevent the spread of germs!

Hands Hygiene MUST BE performed:

- Before contact with clients and their environment
- Between contact with different clients
- Before putting on gloves and after removing gloves
- After using the toilet or nose blowing
- Before eating or smoking
- Before handling or preparing **food**

A Proper Hand Wash includes:

- Using warm running water and soap with plenty of friction to all surfaces for at least 15-20 seconds, including nails
- Using a clean paper towel to dry your hands and to turn off the tap

Use of Alcohol based hand rub may be substituted for hand washing when there are no sink and hands are not visibly soiled.