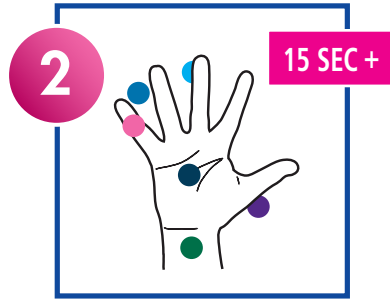


How to Clean Your Hands

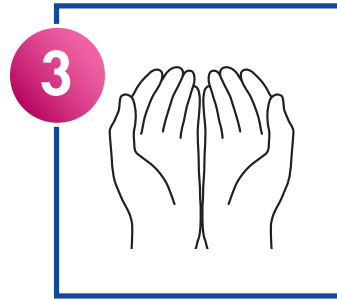
Using Alcohol-Based Hand Rub:



Apply product to the palm of one hand

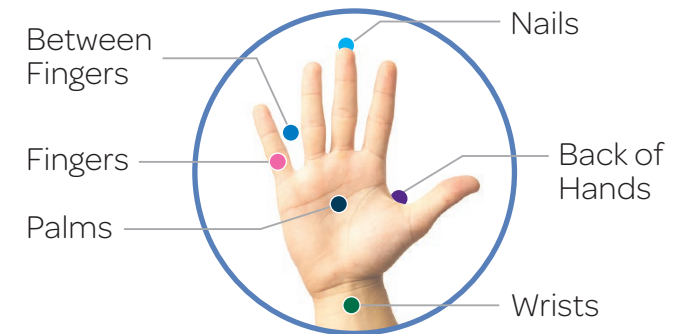


Rub hands together vigorously covering all surfaces thoroughly

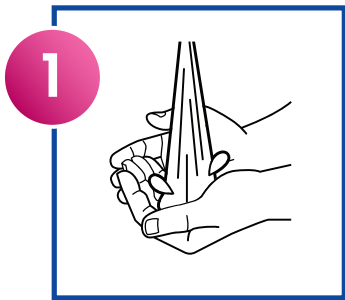


Should take at least 15 seconds to dry completely

Where to Clean Your Hands:



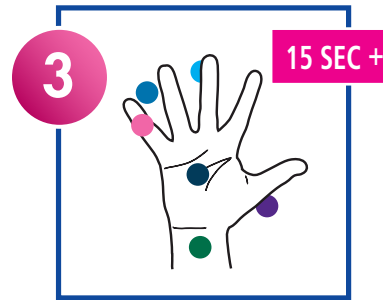
Using Soap and Water:



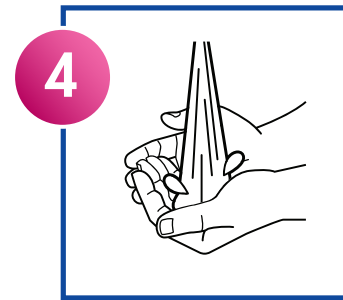
Wet hands with lukewarm water



Apply the manufacturer's recommended amount of soap to hands



Rub hands together vigorously covering all surfaces thoroughly



Rinse hands with water



Dry hands with a disposable towel and use towel to turn off faucet

Centers for Disease Control and Prevention. Guidelines for hand hygiene in health-care settings—2002. Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002;51 (RR-16):1-45.

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