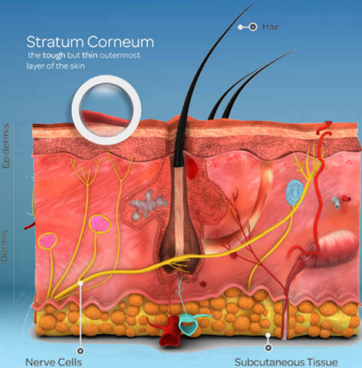


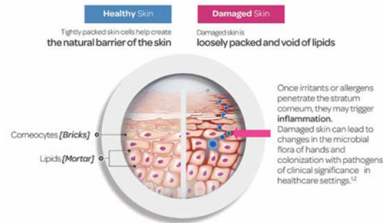
The Ultimate Guide to Healthy Hands

Healthy skin is your first line of defense



THE STRUCTURE OF THE STRATUM CORNEUM

The **Stratum Corneum** looks like a brick wall. The Bricks are the **Corneocytes** (dried out skin cells that are ready to be shed). The Mortar is the **Intercellular Matrix**, which is composed of lipids. This brick wall structure makes the skin impermeable to foreign invaders, such as irritants, allergens, and microorganisms.

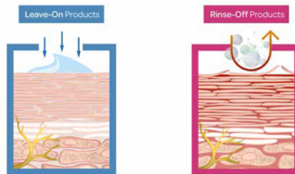


Once irritants or allergens penetrate the stratum corneum, they may trigger inflammation.

Damaged skin can lead to changes in the microbial flora of hands and colonization with pathogens of clinical significance in healthcare settings.^{1,2}

IMPACT OF SANITIZER vs. SOAP

Using a properly formulated hand sanitizer and soap are essential for promoting the health of your skin.



Alcohol-based hand rubs are **leave-on** products and **do not physically remove skin lipids**. These products contain conditioners and emollients which can **benefit the skin**.

Hand washes are **rinse-off** products and by their very nature, **can reduce the skin's oils and lipids** creating pathways to deeper layers of the skin where nerve cells are located which leads to **potential nerve exposure**.

The Cycle of Skin Damage

How the Overuse of Soap and Water May Damage Skin¹



Preventing the Cycle of Skin Damage

Best Practices for Skin Care



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