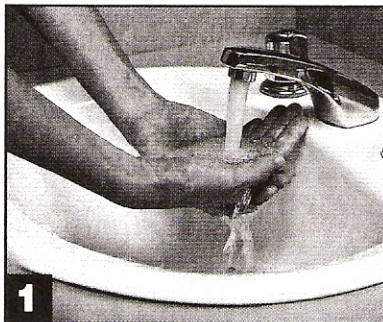


Help Prevent Disease Wash Your Hands

5 basic steps
to handwashing

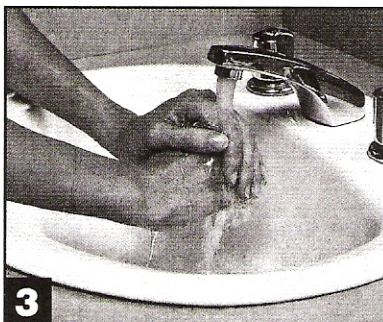
1. Wet hands with water
then add soap



2. Use friction to gener-
ate lather and wash
hands for at *least* 10
seconds



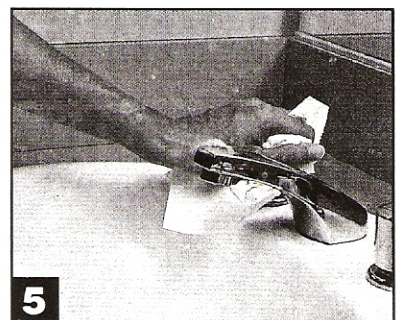
3. Rinse well under a
stream of water



4. Dry hands thoroughly



5. Turn off faucet with
paper towel



When to Wash Your Hands:

- Before and after patient contact.
- Beginning and end of the work day.
- Before and after using gloves.
- Before eating, smoking, or handling medications.
- After using the toilet.
- After wiping the nose or touching the face.
- After touching contaminated surfaces.

***Positive Patient Outcomes
Are In Your Hands***