





## Clean your hands

Cleaning your hands often, and keeping your nails short and clean is the best way to stop the spread germs and infection. Removing jewellery before you clean is recommended. There are 2 ways to clean your hands: soap and water, or a hand sanitizer. If your hands are visibly dirty or greasy, then soap and water is more effective.

### How to clean your hands with a hand sanitizer.

			
<p>1 Apply 1 to 2 pumps of product to palms of dry hands.</p>	<p>2 Rub hands together, palm to palm.</p>	<p>3 Rub in between and around fingers.</p>	<p>4 Rub back of each hand with palm of other hand.</p>

**Rub hands for 15 seconds**

			
<p>5 Rub fingertips of each hand in opposite palm.</p>	<p>6 Rub each thumb clasped in opposite hand.</p>	<p>7 Rub hands until product is dry. Do not use paper towels.</p>	<p>8 Once dry, your hands are safe.</p>

please turn over →

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<b>How to clean your hands with soap and water.</b>			
			
Wet hands with warm water.	Apply soap.	Lather soap and rub hands palm to palm.	Rub in between and around fingers.
<b>Lather hands for 15 seconds</b>			
			
Rub back of each hand with palm of other hand.	Rub fingertips of each hand in opposite palm.	Rub each thumb clasped in opposite hand.	Rinse thoroughly under running water.
			
Pat hands dry with paper towel.	Turn off water using paper towel.	Your hands are now safe.	

## Clean your hands

### Before:

- providing care to yourself or others
- preparing food, eating or feeding others
- touching your eyes, nose or mouth

### After you:

- cough, sneeze or blow your nose
- use or help someone to the bathroom
- change your baby's diaper
- use equipment shared by others

### Every time you enter or leave:

- the hospital
- a patient care area
- a patient's room

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.