

clean Your health is in your hands

Hand hygiene is the most effective way to prevent the spread of infectious diseases such as:
MRSA • Influenza • Colds • Norovirus

When hands are visibly soiled:

Wash with soap and water.

When hands are NOT visibly soiled:

Wash with soap and water or use an alcohol-based hand rub or gel.

Always:

- Wear gloves when contact with blood, mucous membranes, or non-intact skin could occur.
- Remove gloves after caring for a patient. Do not wear the same gloves with more than one patient.
- Wash hands after removing gloves.
- Keep natural nail tips less than 1/4 inch long; avoid artificial fingernails when caring for patients.

