



We all learned to wash our hands as children —and just as our parents taught us, there's a "right" way and a "wrong" way to do it. By following a few simple steps when you wash, your hands will not only look clean—they'll also really be clean and free of the germs that can make you sick and spread illness to other people.

Our commitment to excellent care

Clean hands save lives!



MEDICINE of the HIGHEST ORDER

The power to stop infection ...

is in your hands.



Keeping your hands clean is one of the best ways to stop spreading germs that cause illness. A few seconds is all it takes.

Proper handwashing is simple – here's all you have to do:

When using soap & water

The following steps only take 15 to 20 seconds. (To time yourself, sing the "Happy Birthday" song twice.):



1. Wet your hands and forearms. Put some soap in your palm and rub your palms together.



2. Next, rub your right palm over the left hand, then your left palm over the right hand.



3. Rub your hands together palm to palm, with your fingers interlaced.



4. Rub the backs of your fingers up against the opposing fingers. Make sure to clean under and around your fingernails.



5. Hold your right thumb with your left hand and rotate. Do the same with the opposite hand.



6. Rub your right palm with fingertips of your left hand, then your left palm with the fingertips of your right hand.

When using hand gel



1. Use enough hand gel or foam to completely cover your hands.



2. Rub your hands together, palm to palm.



3. Rub the back of each hand with the palm of the other hand.



4. Spread the sanitizer over and under your fingernails.



5. Spread the gel between your fingers.

6. Keep rubbing your hands together until they are dry.

7. Do not rinse your hands or dry them with a towel.

Common Germs

Influenza (Flu)

Easily passed from person to person through coughing or sneezing (if the nose and mouth are not covered).

Staph aureus / MRSA

Can cause a wide range of illnesses from minor skin infections to life threatening conditions such as pneumonia, blood stream infections and toxic shock syndrome. Most often passed on by direct contact with someone who has the germ.

Salmonella

Found in feces of infected person or animal. Passed through uncooked food, un-washed vegetables and contaminated utensils.

E. Coli

Found on animals, animal parts and objects that have been in contact with animals. Often passed through contaminated food.