# **Make Hand Hygiene a Habit**

# Always clean hands:

#### Before...

- · Touching a resident
- · Performing a clean or aseptic task
- Moving from work on a soiled body site to a clean body site
- · Leaving a resident's room

#### After...

- · Touching a resident
- · Contact with body fluids or helping with toileting
- Touching surfaces or equipment in a resident's environment
- · Glove removal



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THEALTH

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# Soap and Water or Hand Sanitizer?

Alcohol based hand sanitizer is:

- More effective at killing germs
- · Less drying
- Easier to use during patient care

Clean hands with soap and water:

- · After caring for a resident with C. diff.
- · When hands are visibly dirty
- · Before eating
- After using the restroom

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