

HUDDLE SHEET

Hand Hygiene Tips

Protect yourself and others - perform hand hygiene regularly



Always Perform Hand Hygiene:

- BEFORE and AFTER coming into a patient room
 - BEFORE and AFTER patient contact
 - BEFORE and AFTER touching patient environment
 - AFTER touching your mask
 - AFTER removing gloves
 - AFTER donning and doffing gowns
- More hand hygiene is ALWAYS better than less
 - Hand hygiene is important in situations where there are shared and/or high touch surfaces.

Keep Hand Hygiene Supplies Readily Available:

- Make alcohol-based hand sanitizer available both inside and outside of every resident room, on medication carts, and in facility common areas
- Make sure hand hygiene supplies (soap, paper towels) are readily available at all hand washing sinks.
- Hands should be washed *with soap and water* for at least 20 seconds:
 - When hands are visibly soiled
 - BEFORE and AFTER eating
 - AFTER using the toilet