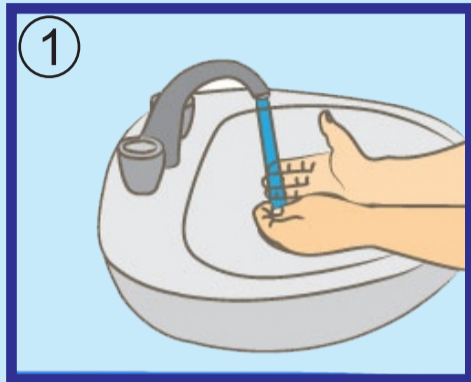


# Get it Together for Infection Prevention

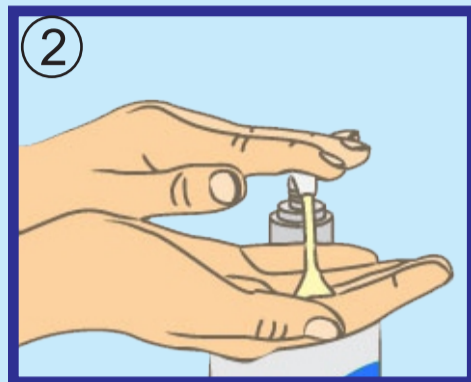
## Why Wash Hands?

To protect yourselves and your clients from infections

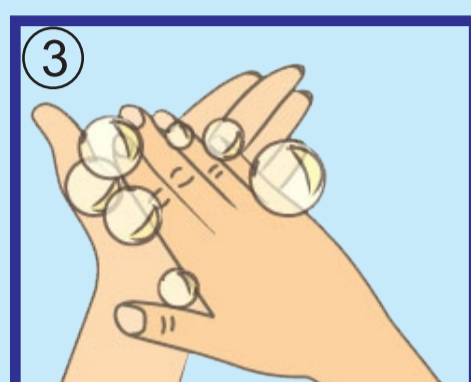
## How to Wash Hands



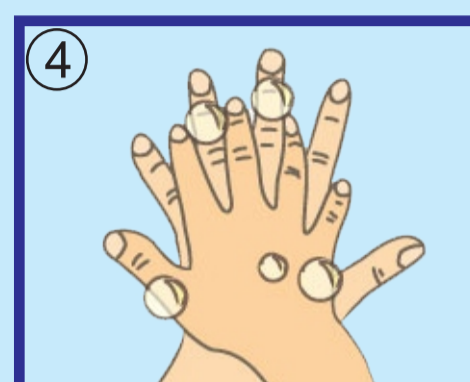
Wet hands with water



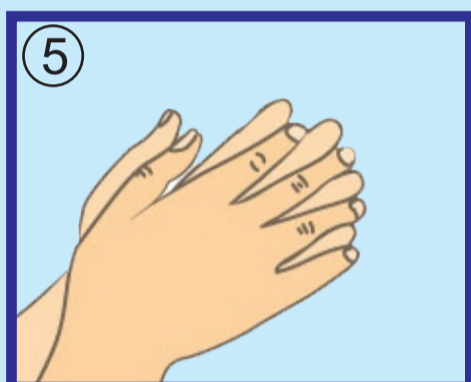
Apply soap and rub to cover all surfaces



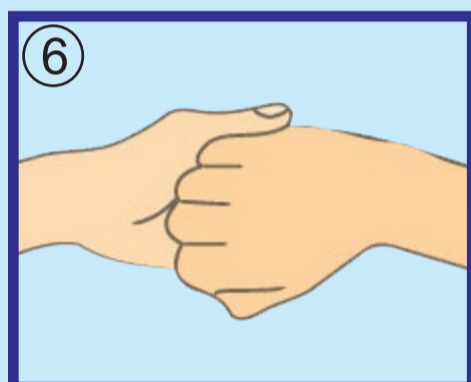
Rub palms thoroughly



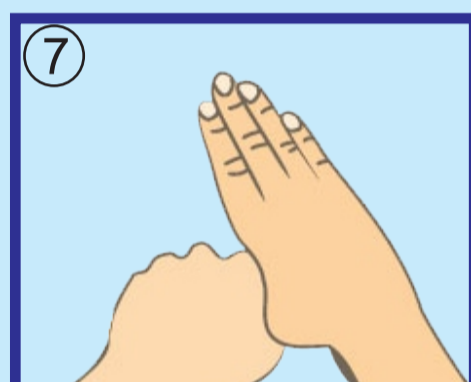
Wash the back of your hands and in-between fingers



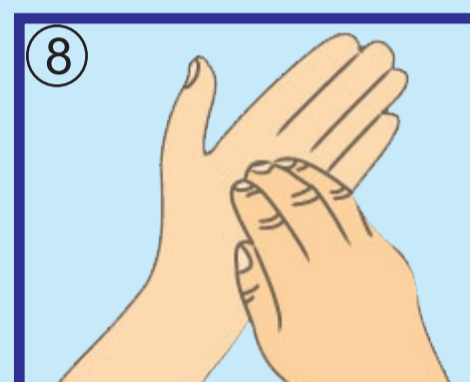
Rub palms together with fingers interlaced



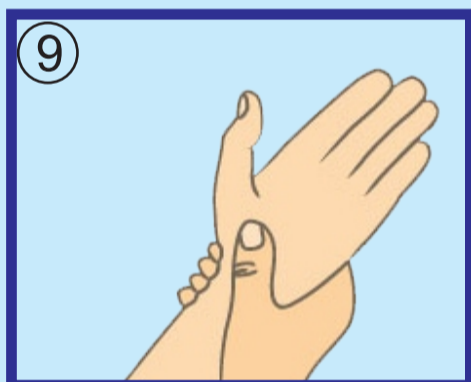
Rub back of fingers of each palm



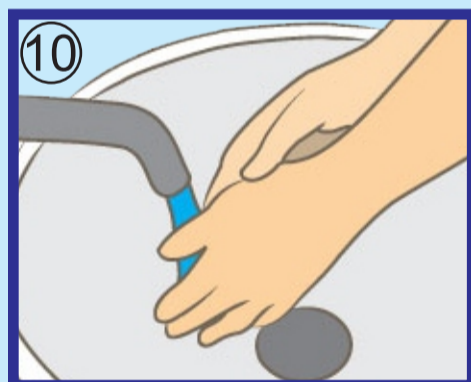
Rub each thumb clasped in opposite hand



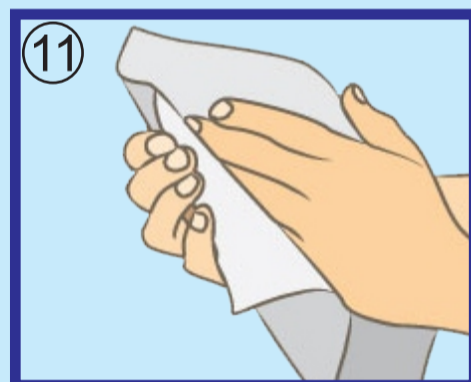
Rub the tips of fingers thoroughly



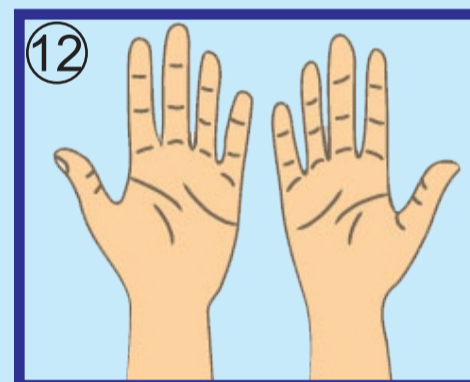
Wash each wrist with different hands



Rinse hands with water and use towel to turn off faucet



Use towel to dry hands thoroughly



Your hands are now safe

## When to Wash Hands

- When first arriving at work
- Before...
  - Seeing a client
  - Putting on sterile gloves
  - Leaving the health facility for home
- After...
  - Seeing a client
  - Handling soiled instruments
  - Touching mucous membranes, blood or other bodily fluids
  - Removing gloves

