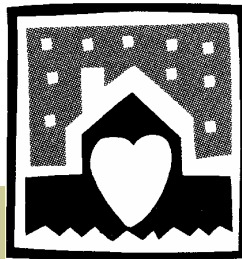


BECAUSE WE CARE ABOUT YOUR HEALTH!

Hand Hygiene Fact Sheet



- Hand washing or the use of alcohol-based hand rubs will help reduce outbreaks in health care facilities, by reducing transmission of antimicrobial resistant organisms and than reduce overall infection rates.
- The CDC is releasing guidelines to improve hand hygiene in healthcare settings. In addition to traditional handwashing with soap and water, the CDC is recommending the use of alcohol-based handrubs by healthcare personnel for patient care because they address some of the obstacles that health care professionals face when taking care of patients.
- Handwashing with soap and water remains a sensible strategy for hand hygiene in non-healthcare settings and is recommended by the CDC and other experts.
- When healthcare personnel's hands are visibly soiled, they should wash with soap and water.
- The use of gloves does not eliminate the need for hand hygiene. Likewise, the use of hand hygiene does not eliminate the need for gloves. Gloves reduce hand contamination by 70% to 80%, prevent cross-contamination and protect patients and health care personnel from infection. Handrubs should be used before and after each patient just as gloves should be changed before and after each patient.



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**BARRY-EATON DISTRICT
HEALTH DEPARTMENT**
Caring for the Community
Since the 1930's

Eaton County
1033 Health Care Drive
Charlotte, MI 48813
(517) 543-2430 or
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BECAUSE WE CARE ABOUT YOUR HEALTH!

Hand Hygiene Guidelines Fact Sheet

- When using an alcohol-based handrub, apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Note that the volume needed to reduce the number of bacteria on hands varies by product.
- Alcohol-based handrubs significantly reduce the number of microorganisms on skin, are fast acting and cause less skin irritation.
- Healthcare personnel should avoid wearing artificial nails and keep natural nails less than one quarter of an inch long if they care for patients at high risk of acquiring infections (e.g. Patients in intensive care units or in transplant units).
- Alcohol-based hand rubs take less time to use than traditional hand washing. In an eight-hour shift, an estimated one hour of an ICU nurse's time will be saved by using an alcohol-based handrub.