CDC Guidelines on Hand Decontamination for Patient Care

HOW TO USE AN ALCOHOL HAND RUB

Apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Follow the manufacturer's recommendations regarding the volume of product to use.

HOW TO USE ANTIMICROBIAL SOAP

Wet hands first with water, apply an amount of product recommended by the manufacturer to hands, and rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Rinse hands with water and dry thoroughly with a disposable towel. Use towel to turn off the faucet. Avoid using hot water, because repeated exposure to hot water may increase the risk of dermatitis.

Centers for Disease Control and Prevention. Guideline for Hand Hygiene in Health Care Settings: Recommendations of the Health Care Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002;51 (No. RR -16)
http://www.cdc.gov/handhygiene/

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