# JOIN THE CAMPAIGN

## "*Infection: Don't Pass It On*"

### What is hand hygiene?

Hands must be free of potential pathogens when providing hands-on patient care. Hand hygiene is a general term that includes:

1) Using alcohol hand rubs without water

2) Handwashing with soap and water

3) Changing gloves between tasks and patients

### THREE WAYS YOU CAN AVOID CROSS-INFECTION:

1. Alcohol Hand Rubs

2. Handwashing

3. Glove Changes

### Should you use handwashing or the alcohol hand rub?

Washing with water is required when hands are dirty or contaminated with blood or body fluids. In most other situations, alcohol hand rubs are better than washing when hands are free of blood or body fluids. With alcohol hand rubs, the active ingredient is rubbed in and not washed off. Hand rubs take less time and can be used on the move, without sinks or towels.

### What about gloves?

Perform handwashing and/or application of alcohol hand rub after glove removal. Gloves should always be removed after patient contact or between "dirty" and "clean" body site-care on the same patient.

### CLEAN HANDS SAVE LIVES!!!

More information on hand hygiene is available through the Centers of Disease Control and Prevention Web site at http://www.cdc.gov/handhygiene

Office of Public Health and Environmental Hazards
NCPS VA National Center for Patient Safety
Employee Education System
Department of Veterans Affairs