



*your hands again?” or “Would it be alright if you cleaned your hands before changing my bandages?”*

2. Alcohol-based hand sanitizer kills most of the bad germs that make you or your patients sick.

*For the patient/public: Your hands have good germs on them that your body needs to stay healthy. Your hands can also have bad germs on them that make you sick.*

*Alcohol-based hand sanitizers kill the good and bad germs, but the good germs quickly come back on your hands.*

3. Alcohol-based hand sanitizer does not kill *C. difficile*.

*For the patient/public: Clostridium difficile or “C.diff” is a common healthcare-associated infection that causes severe diarrhea. If you have a C. difficile infection, make sure your healthcare providers wear gloves to examine you. You and your loved ones should wash your hands with soap and water to prevent the spread of C. difficile.*

4. Alcohol-based hand sanitizer does not create antibiotic-resistant superbugs.

*For the patient/public: Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. Using alcohol-based hand sanitizers to clean your hands does not cause antibiotic resistance.*

5. Patients hands can spread germs too.

*For the patient/public: Make sure you and your visitors are cleaning your hands as well.*

## **Do it Right!**

### Patients:

When?:

- Before preparing or eating food
- Before touching your eyes, nose, or mouth
- Before and after changing wound dressings or bandages
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching hospital surfaces such as bed rails, bedside tables, doorknobs, remote controls, or the phone

With an alcohol-based hand sanitizer:

1. Put product on hands and rub hands together
2. Cover all surfaces until hands feel dry
3. This should take around 20 seconds

With soap and water:

1. Wet your hands with warm water.
2. Use liquid soap if possible. Apply a nickel- or quarter-sized amount of soap to your hands.

3. Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
4. Continue rubbing your hands for AT LEAST 15 seconds. Need a timer? Imagine singing the “Happy Birthday” song twice.
5. Rinse your hands well under running water.
6. Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.

### For Healthcare Providers:

When?: Every time they enter a room and when they remove gloves. Wearing gloves alone is not enough to prevent the spread of infection.

Using an alcohol-based hand sanitizer:

1. Put product on hands and rub hands together
2. Cover all surfaces until hands feel dry
3. This should take around 20 seconds

Using soap and water:

1. Wet hands with water.
2. Apply an amount of soap recommended by the manufacturer on hands.
3. Rub their hands together for at least 15 seconds, covering all surfaces of the hands and fingers.
4. Rinse hands with water and dry with a disposable towel.
5. Use the towel to turn off the faucet.



## How to raise awareness?

### **CDC Clean Hands Count**

The CDC has started a new campaign that aims at promoting hand hygiene in a healthcare setting and educating patients to take more of an active role.

Goals:

- Improve healthcare provider adherence to CDC hand hygiene recommendations.
- Address the myths and misperceptions about hand hygiene.
- Empower patients to play a role in their care by asking or reminding healthcare providers to clean their hands.

You and your chapter can partner with and use all of information found on the CDC website to help promote hand hygiene in the acute care and community settings.

<https://www.cdc.gov/handhygiene/campaign/index.html>



## Germ Busters

This is an all time favorite activity that any chapter can easily put on. All you need is a few supplies and some volunteers. The idea is to show people how well they are really washing and teach them the proper way to wash and when they should be washing.

### Supplies:

- GloGerm Gel
- Blacklight
- Soap and running water source

### Project:

1. Find a public place or event to have a booth at
2. Get volunteers to help out
3. Have people put on the GloGerm Gel, rubbing it in thoroughly all over their hands and wrists
4. Have them look under the blacklights
5. All of the parts that glow are germs
6. Now have them wash their hands and look again
7. If they still have glowing parts educate on proper handwashing and hand hygiene





### References:

Centers for Disease Control and Prevention. (2016). *Clean Hands Count Campaign*. Retrieved from <https://www.cdc.gov/handhygiene/campaign/index.html>

Centers for Disease Control and Prevention. (2016). *Clean Hands Count for Patients*. Retrieved from <https://www.cdc.gov/handhygiene/patients/index.html>

Centers for Disease Control and Prevention. (2016). *Clean Hands Count for Healthcare Providers*. Retrieved from <https://www.cdc.gov/handhygiene/providers/index.html>