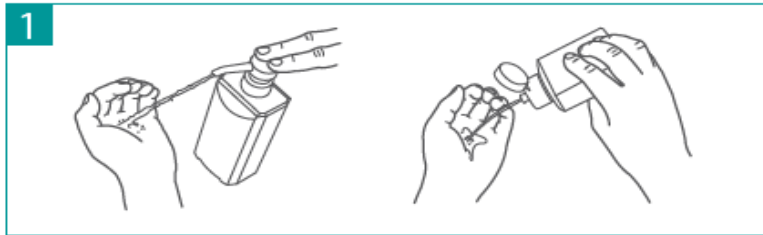


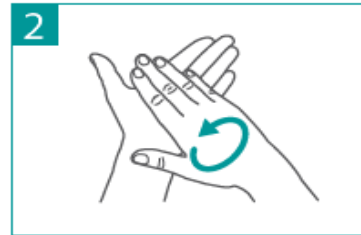
# How do you perform hand hygiene?

## Alcohol Based Hand Rub

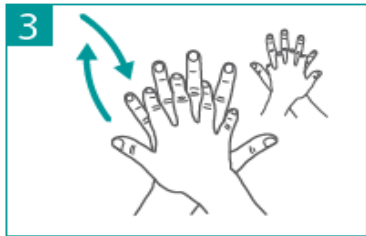
 **Time:** Rub hands together until alcohol dries.



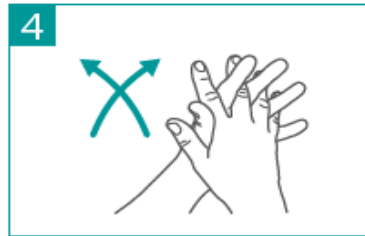
Apply enough hand sanitizer to cover all surfaces of the hands. This volume is different for everyone.



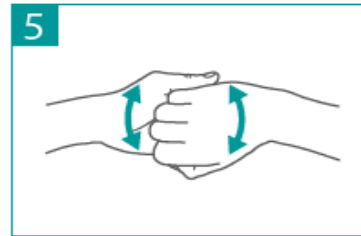
Rub hands palm to palm.



Rub the back of the left hand with the front of the right hand; then switch.



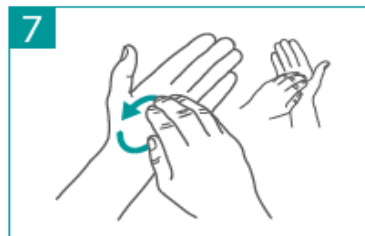
Rub hands palm to palm with fingers interlaced.



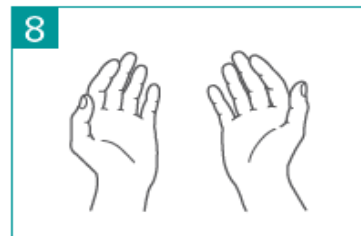
Clean the backs of the fingers by locking fingers into opposite palms.



Rub the left thumb clasped in right palm; then switch.



Rub your fingernails into the palms of your hands in circles.



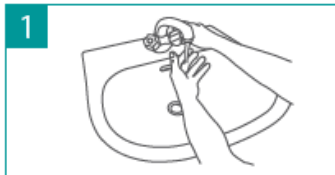
Once dry, your hands are safe.



**Atrium Health**

# How do you perform hand hygiene? Soap and Water

 **Time:** Vigorously rub hands together for a minimum of 15 seconds



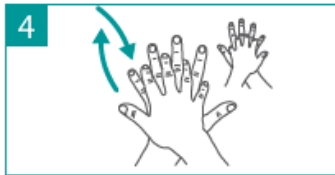
1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



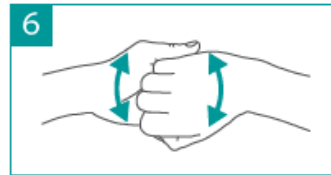
3 Rub hands palm to palm.



4 Rub the back of the left hand with the front of the right hand; then switch.



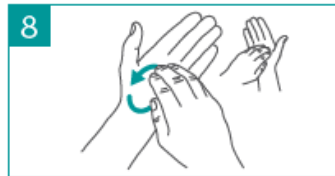
5 Rub hands palm to palm with fingers interlaced.



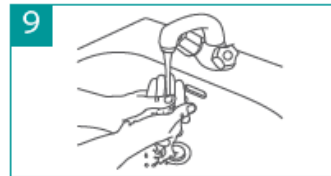
6 Clean the backs of the fingers by locking fingers into opposite palms.



7 Rub the left thumb clasped in right palm; then switch.



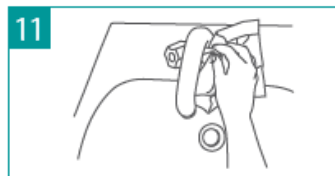
8 Rub your fingernails into the palms of your hands in circles.



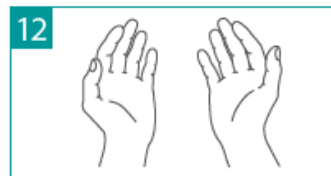
9 Rinse hands with water.



10 Dry hands thoroughly with a paper towel.



11 Use a dry paper towel to turn off faucet.



12 Your hands are now safe.



**At least 15-20 sec**



**Atrium Health**