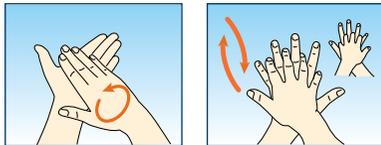


## Proper Hand Hygiene Techniques

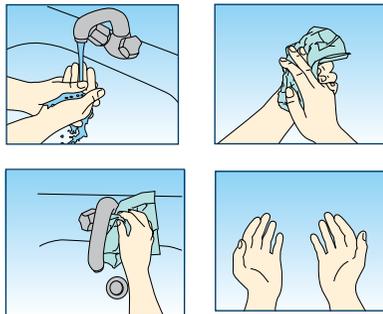
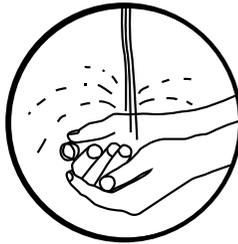
### Alcohol hand rubs

1. Apply about ½ teaspoon of product to palm of hand
2. Rub hands together
3. Cover all surfaces of hands, fingers and nails
4. Allow hands to air dry
5. Do not wipe off



### Soap and water

1. Wet hands
2. Apply soap to hands
3. Rub hands vigorously for at least 15 seconds
4. Cover all surfaces of hands, fingers and nails
5. Rinse well to wash germs down the drain
6. Dry hands with clean paper towel
7. Use towel to turn off faucet



# CLEAN HANDS CARE



Sources used in the preparation of this document:  
1. Centers for Disease Control and Prevention

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Show Your Care. Join the Watch!  
Preventing Infection is Everyone's Responsibility.



### ✓ CHECKLIST of Important Facts

#### Ask questions . . .

Your healthcare personnel are committed to infection prevention and welcome your questions on how you can help.



- ✓ Talk to your doctors, nurses or other healthcare professionals about the steps the hospital is taking to prevent HAIs.
- ✓ Ask about the hospital's policy regarding protective wear for hospital staff (gowns, gloves and face masks). Ask healthcare workers to change their protective wear before caring for you.
- ✓ Ask about cleaning protocol for your room. Is it cleaned every day? All surfaces should be cleaned, and disinfected thoroughly.



**#1 Hand Hygiene . . . Washing hands properly and often is the most important thing you and visitors can do.**

- ✓ Wash your hands often with soap and water or alcohol-based hand sanitizer, especially after using the restroom, before eating, after contact with any bodily fluids, and after coughing or sneezing.
- ✓ Make sure all healthcare workers and visitors wash their hands with an alcohol-based hand rub or soap and water before caring for you or touching you and again afterward upon leaving your room. If you didn't see them wash their hands, ask them about it. They won't mind.
- ✓ Remind everyone to use proper hand washing technique.<sup>1</sup>

### ✓ Your Checklist for HAI Prevention:

#### If you are having surgery . . .

to help prevent a SSI (surgical site infection)

- ✓ If you smoke, stop – at least until you have recovered from surgery.
- ✓ Eat a good diet, avoid alcoholic beverages and get plenty of rest.
- ✓ Follow your surgeon's instructions carefully before and after surgery, including bathing with antibacterial soap if instructed.
- ✓ Wash your hands with soap and water, or alcohol hand sanitizer before touching the incision or changing the dressing.

#### If you have a urinary catheter . . .

to help prevent a UTI (urinary tract infection)

- ✓ Ask if the urinary catheter is absolutely necessary and how long will it be in place.
- ✓ Make sure your healthcare professional cleans hands properly before inserting the catheter and each time before touching it.
- ✓ Leave the tubing alone. Do not tug, pull, twist or kink the catheter tubing.
- ✓ Make sure the urine bag is placed below the level of the bladder to prevent back flow of urine from the bag.
- ✓ If you go home with a catheter, be sure to wash hands properly before and after touching it.

#### If you are not on a ventilator . . .

to help prevent HAP (hospital-acquired pneumonia)

- ✓ Brush your teeth twice a day. Family members should ask your healthcare provider to help with these tasks if you are unable.
- ✓ Do breathing exercises as recommended by your healthcare provider.
- ✓ Get out of bed and walk as often as allowed.

#### If your loved one is on a ventilator . . .

to help prevent HAP (hospital-acquired pneumonia)

- ✓ Make certain oral hygiene is performed on the patient daily.
- ✓ Observe that healthcare providers wash their hands or use hand sanitizer before touching the patient.
- ✓ Do not manipulate the patient's ventilator tube and keep patient's bed at least a 30° angle as set by healthcare provider.

#### If you have a central line . . .

to help prevent a CLABSI (central line-associated bloodstream infection)

- ✓ Make sure the person inserting the line has washed hands before beginning the procedure and wear sterile gloves, sterile gown, a cap and mask.
- ✓ Your skin should be cleaned with antiseptic and allowed to dry before the line is inserted.
- ✓ Your entire body should be covered including head and feet with a sterile drape.
- ✓ After the central line is placed, make sure anyone maintaining it washes hands properly before touching the line.
- ✓ Make certain anyone injecting anything into the central line scrubs the entry port vigorously for at least 15 seconds before the injection.
- ✓ Avoid touching the line; don't get it wet. If the bandage becomes wet or dirty or comes off, tell your nurse or doctor right away.
- ✓ Ask when your central line can be removed.

As you approach a hospitalization or medical procedure, we at Kimberly-Clark encourage you to take the time to learn more about healthcare-associated infection. The steps you take could help make the difference for your speedy recovery and return to health and wellness.