# Make Hand Hygiene a Habit

## Always clean hands:

### Before...

Touching a resident

Performing a clean or aseptic task

Moving from work on a soiled body site to a clean body site
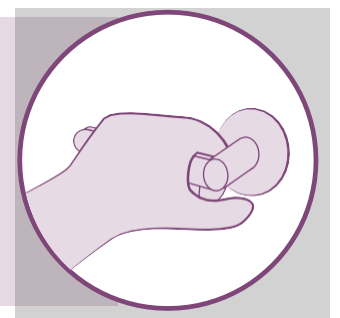
Leaving a resident's room

### After...

Touching a resident

Contact with body fluids or helping with toileting

Touching surfaces or equipment in a resident's environment

Glove removal

## Soap and Water or Hand Sanitizer?

### Alcohol based hand sanitizer is:

- More effective at killing germs
- Less drying
- Easier to use during patient care

### Clean hands with soap and water:

- After caring for a resident with C. diff.
- When hands are visibly dirty
- Before eating
- After using the restroom