

When to Perform Hand Hygiene

Wash your hands:

- Before putting on your mask
- Before removing your mask
- Before eating
- Before and after having direct contact with a patient's intact skin
- After contact with blood, body fluids or excretions, mucous membranes, non-intact skin, or wound dressings
- After contact with inanimate objects (including medical equipment) in the immediate vicinity of the patient
- If hands will be moving from a contaminated-body site to a clean-body site during patient care
- After glove removal
- After using a restroom

Techniques for Washing Hands with **Soap and Water**

- The CDC Guideline for Hand Hygiene in Healthcare Settings recommends:
 - When cleaning your hands with soap and water, wet your hands first with water, apply the amount of product recommended by the manufacturer to your hands, and rub your hands together vigorously for at least 20 seconds, covering all surfaces of the hands and fingers.
 - Rinse your hands with water and use disposable towels to dry. Use towel to turn off the faucet.
 - Avoid using hot water, to prevent drying of skin.

Techniques for Using **Alcohol-Based Hand Sanitizer**

- Put product on hands and rub hands together
- Cover all surfaces until hands feel dry
- This should take around 20 seconds

When and How to Wear Gloves

- Wearing gloves is not a substitute for hand hygiene. Dirty gloves can soil hands.
- Always clean your hands after removing gloves.
- Steps for Glove Use:
 1. Choose the right size and type of gloves for the task
 2. Put on gloves before touching a patient's non-intact skin, open wounds or mucous membranes, such as the mouth, nose, and eyes
 3. Change gloves during patient care if the hands will move from a contaminated body-site (e.g., perineal area) to a clean body-site (e.g., face)
 4. Remove gloves after contact with a patient and/or the surrounding environment (including medical equipment) using proper technique to prevent hand contamination
 - Failure to remove gloves after caring for a patient may lead to the spread of potentially deadly germs from one patient to another
 5. Do not wear the same pair of gloves for the care of more than one patient

*****Please Return*****

1. Name 3 occasions you are required to perform hand hygiene when volunteering (including office):

2. When washing your hands with soap and water, how long should you rub your hands together after putting the soap on? _____

3. When using alcohol-based hand sanitizer, rub hands together until they feel _____.

4. True or False (Circle)

If you are wearing gloves, you do not need to wash your hands after taking them off. True False

Put on gloves before touching patient's mucous membranes, laundry, meal preparation, or assisting with bathroom cares. True False

Volunteer Signature Date

Volunteer Coordinator Date