



WHAT – HAND HYGIENE! According to the Center for Disease Control and Prevention (CDC), hand hygiene is one of the most important steps in preventing the spread of germs from one person to another (CDC, 2015).

WHO – Who should wash their hands? **EVERYONE SHOULD WASH THEIR HANDS!** The list includes but is certainly not limited to clinical staff, laboratory staff, administrative staff, environmental staff, security, nutrition service, patients and their families and the list goes on.

WHY - There are numerous studies with data to support the important role that hand hygiene plays in the prevention of the spread of bacteria and diseases like c-difficile, Methicillin-Resistant Staphylococcus Aureus (MRSA), influenza, and Corona viruses like COVID-19.

WHERE – We should wash our hands wherever we are and wherever we go. Most of our habits start at home. If you practice a behavior long enough it becomes a habit. Habits become a part of our lifestyles and our lifestyles are directly related to our health.

WHEN – Handwashing or hand hygiene with the use of an alcohol-based hand sanitizer should be used as frequently as possible by **EVERYONE**. There is, however, some specific guidance for healthcare workers. Healthcare workers should wash their hands with soap and water when they are visibly soiled, after a procedure, after removing gloves, after contact with a patient on contact isolation, or after coming in contact with microbes like c-difficile that are not killed by alcohol-based sanitizers. **GERMS ARE MEAN SO KEEP YOUR HANDS CLEAN!!!**

