

HANDWASHING

Why wash your hands?

Handwashing is the easiest and most effective way of preventing infection.

When should you wash your hands?

- Before you provide care for your loved one.
- After caring for your loved one (even if you have used gloves).
- Before meals, including preparation.
- After toileting.

How?

- Place your hands under running water.
- Rub soap on your hands and wrists to loosen skin oils and surface dirt.
- Point your hands downward and rinse off soap under running water.
- Dry your hands with a clean towel.

Note: If hands become reddened or dry because of frequent washing, apply a hand lotion.