

Remember to practice



HAND HYGIENE ...

It means **more** than
keeping hands clean.

How to keep your hands and nails healthy.

wrha.mb.ca/ipc

TIPS on how to keep hands and nails healthy



USE WARM WATER.

Water that is too hot or too cold is hard on the skin. Wet hands before using soap. Direct application of soap can irritate the skin.



RINSE HANDS WELL.

Soap residue can irritate the skin. Pat hands until dry instead of rubbing. Rubbing can break down skin.



FACT: Alcohol-based hand rub (ABHR) is gentler on the skin than soap and water. ABHR has skin emollients that are not removed by water. Repeated use of water for rinsing and paper towels to dry hands results in skin breakdown.



USE THE LOTION PROS USE!

Use lotions supplied for you. Other hand lotions can interfere with the antimicrobial actions of hand hygiene products, and can react with gloves causing them to tear or cause skin reactions.



USING LOTION often will help replenish moisture lost from frequent hand hygiene.