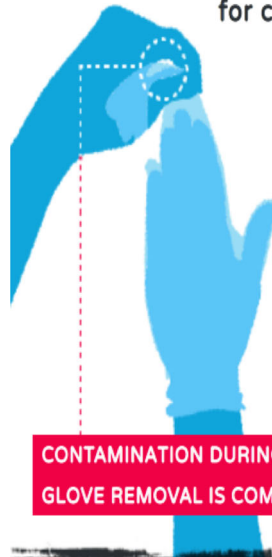


Supplemental Reading

GLOVES ARE NOT ENOUGH

Wearing gloves is **NOT** a substitute for cleaning your hands.

Remember: it's still important to perform hand hygiene even if wearing gloves!



- ▶ Your hands can get contaminated while wearing or removing gloves.
- ▶ Cleaning your hands after removing your gloves will help prevent the spread of potentially deadly germs.

Protect Yourself.
Protect Your Patients.



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



www.cdc.gov/handwashing

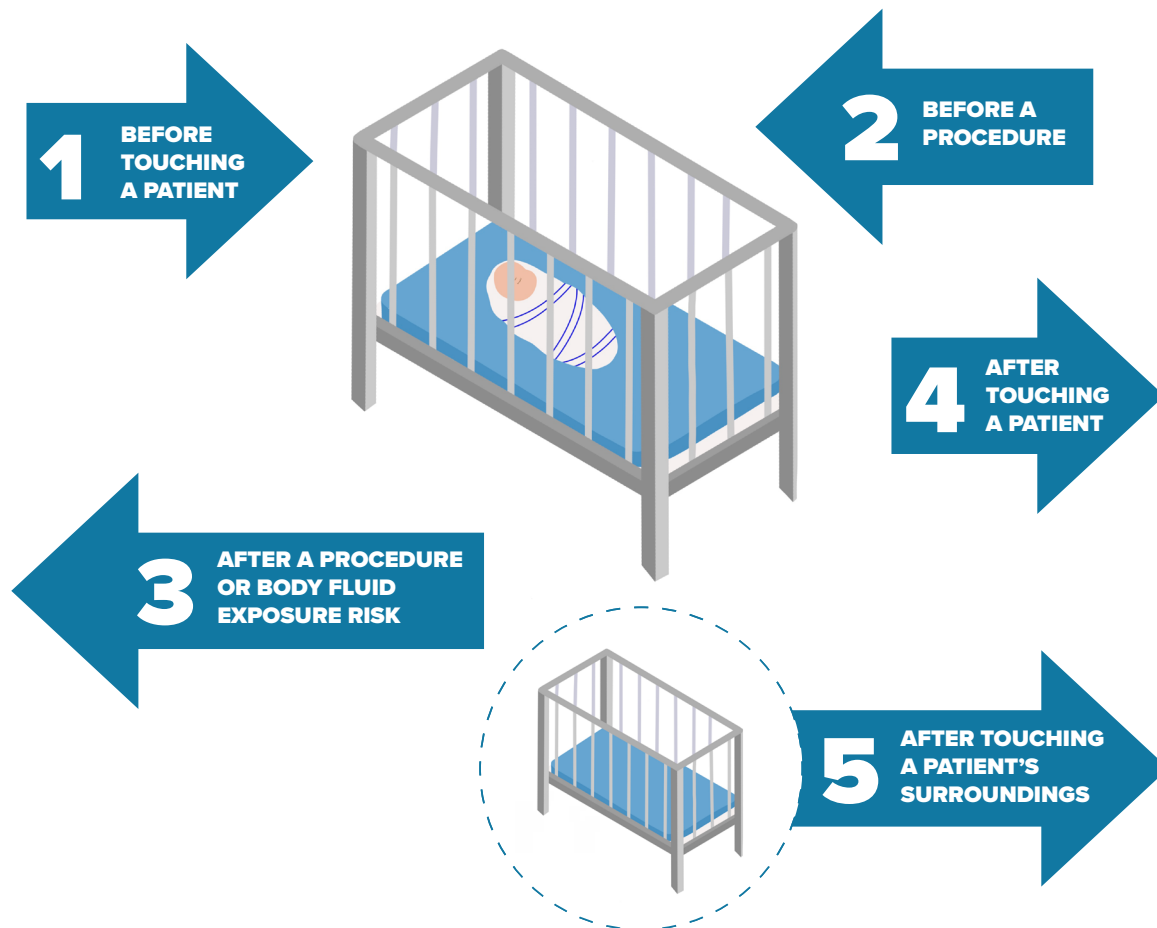


This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, CDC, and Itapac. HHS/CDC does not endorse commercial products, services, or companies.

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5 Moments for HAND HYGIENE

Paediatric and neonatal settings



1	BEFORE TOUCHING A PATIENT	<p>When: Clean your hands before touching a patient and their immediate surroundings.</p> <p>Why: To protect the patient against acquiring harmful germs from the hands of the HCW.</p>
2	BEFORE A PROCEDURE	<p>When: Clean your hands immediately before a procedure.</p> <p>Why: To protect the patient from harmful germs (including their own) from entering their body during a procedure.</p>
3	AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK	<p>When: Clean your hands immediately after a procedure or body fluid exposure risk.</p> <p>Why: To protect the HCW and the healthcare surroundings from harmful patient germs.</p>
4	AFTER TOUCHING A PATIENT	<p>When: Clean your hands after touching a patient and their immediate surroundings.</p> <p>Why: To protect the HCW and the healthcare surroundings from harmful patient germs.</p>
5	AFTER TOUCHING A PATIENT'S SURROUNDINGS	<p>When: Clean your hands after touching any objects in a patient's surroundings when the patient has not been touched.</p> <p>Why: To protect the HCW and the healthcare surroundings from harmful patient germs.</p>

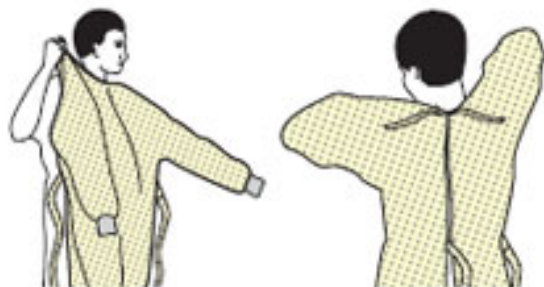
This poster is based on the World Health Organization's My 5 Moments for Hand Hygiene approach, which defines the key moments when healthcare workers should perform hand hygiene.

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



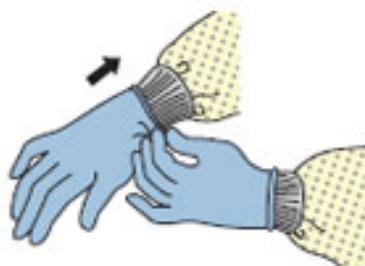
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door.** Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

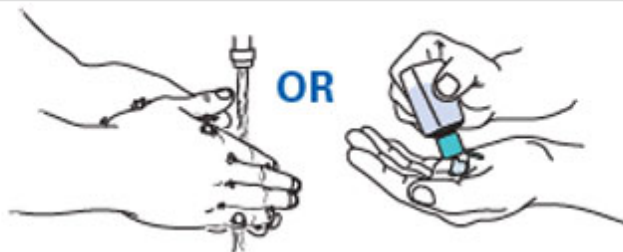


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

