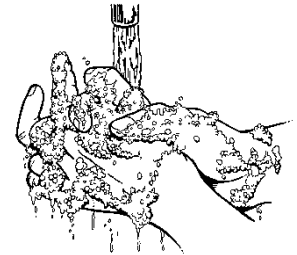


## Washing Your Hands

### Introduction

Correct hand washing or “hand hygiene” is the most effective way to prevent an infection when administering home infusion therapy. It is so important that we have written this instruction sheet. We recommend you hang it on the wall near where you will be washing your hands and preparing your supplies.



### Using Soap

Washing hands with warm water and antibacterial soap is a very effective and inexpensive way to properly clean your hands. If you use this method, make sure that to rub your hands for at least 15 seconds, and use a liquid “antimicrobial” or “antibacterial” soap.

### Using Alcohol Based Gel or Foams

Using an alcohol based gel or foam is also an acceptable way to clean your hands for infusion therapy. In cases where running water is unavailable, this will be the method used. The alcohol-based gel is very effective, but does not remove visible surface dirt. So if you are working in the garden or the garage before infusing your therapy, you will need to use soap and water to remove the grime, and then alcohol-based gel to disinfect your hands. NOTE: different products will require rubbing your hands for different lengths of time. Always read the label.

### Steps: Soap and Water Hand Wash

1. Prepare your soap, water source, and paper towels. Remove rings, bracelets and watches.
2. Turn the water on and set it to warm or room temperature. Wet your hands.
3. Put a small amount of soap in the palm of one hand. Begin to rub your hands, and clean under your nails, too.
4. Count to 20 seconds (one Mississippi, two Mississippi) while rubbing.
5. Repeat the steps above if your hands were heavily soiled.
6. Use one paper towel to dry your hands, and use it to turn the water faucet lever off.
7. Use a second paper towel to continue to dry your hands.

### Steps: Alcohol Based Gel or Foam

1. Examine your hands for visible grime. If any is visible, follow the procedure above with soap and water.

2. Place a small amount of gel or foam in the center of one palm.
3. Rub briskly according to the manufacturer's labeling. Allow to dry.