

HAI Prevention Starts With Clean Hands

It's that simple. That's why Kimberly-Clark Professional* wants to make sure your entire staff understands how to properly wash and sanitize their hands - and why it's so important. The Clean Hands Care program delivers the tools, products and protocols needed to support you in your daily fight against preventable HAIs. This brochure is one critical step, providing clear procedures that ensure truly clean hands.



† Or if any spore-forming bacteria is present (such as *Clostridium difficile*).
Sources used in the preparation of this document:
1. Centers for Disease Control and Prevention

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Clean Hands Care

Guidelines for Hand Hygiene



Kleenex
BRAND

The Importance of Hand Hygiene

According to the Centers for Disease Control and Prevention (CDC), "Clean hands are one of the most important factors in preventing the spread of dangerous germs and antibiotic resistance in health care settings."

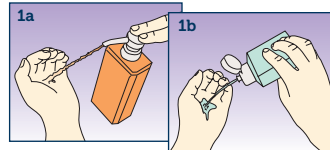
According to the World Health Organization:

- » Thousands of people die globally everyday from infections acquired while receiving healthcare.
- » The most common mode of disease transmission is transfer of germs by contaminated hands.
- » Hand hygiene is one of the most important measures to avoid the transmission of harmful germs and to prevent healthcare-associated infections.

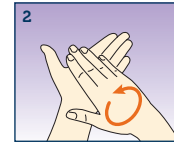
How to Use Hand Sanitizer

Sanitize hands every time you enter or leave a patient room.

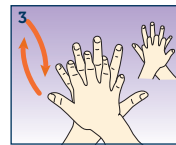
Duration of the entire procedure: 20-30 seconds.



Apply a palmful of the product in a cupped hand and cover all surfaces



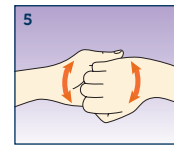
Rub hands palm to palm



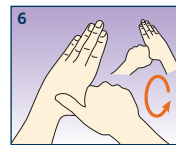
Right palm over left dorsum with interlaced fingers and vice versa



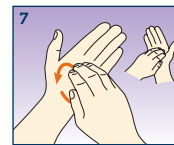
Palm to palm with fingers interlaced



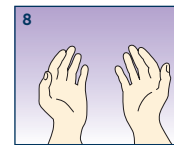
Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

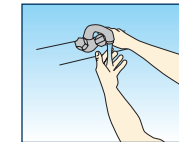


Once dry, your hands are safe

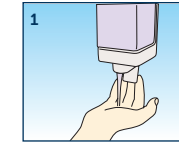
How to Hand Wash

Wash hands when visibly soiled.[†] Otherwise, use hand sanitizer.

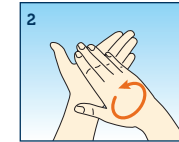
Duration of the entire procedure: 40-60 seconds.



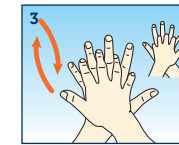
Wet hands with water



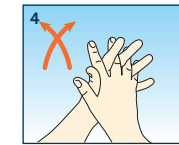
Apply enough soap to cover all hand surfaces



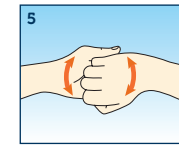
Rub hands palm to palm



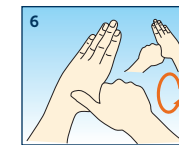
Right palm over left dorsum with interlaced fingers and vice versa



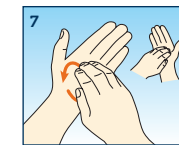
Palm to palm with fingers interlaced



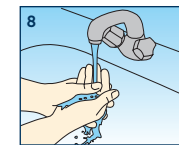
Backs of fingers to opposing palms with fingers interlocked



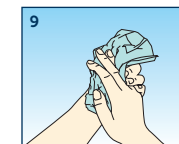
Rotational rubbing of left thumb clasped in right palm and vice versa



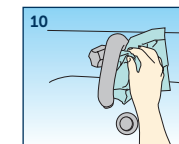
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



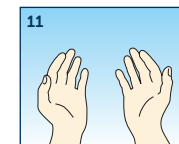
Rinse hands with water



Dry thoroughly with a single use towel



Use towel to turn off faucet



Your hands are safe

Additional Resources

For more information on ways to prevent HAIs, including further evidence-based guidelines, visit these websites:

www.aacn.org
www.aorn.org
www.apic.org

www.cdc.gov
www.ihl.org
www.safecarecampaign.org
www.who.int