

**Preventing COVID-19 in Nursing Homes**

**Hand Hygiene Protocol**

**Critical Moments for Hand Hygiene**

***Clean hands save lives!***

*Perform hand hygiene during*

 *these critical moments*

* ANY TIME **your hands are visibly soiled**
* BEFORE and AFTER **touching your face or mask**
* BEFORE and AFTER **putting on/removing gloves**
* BEFORE and AFTER **eating**
* AFTER **using the restroom**
* BEFORE and AFTER **performing resident care needs**:

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| * **Feeding**
* **Oral care**
* **Giving medication**
 | * **Accessing devices**
* **Bathing/showering**
* **Toileting/incontinence care**
 | * **Dressing/undressing**
* **Transferring**
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NOTE: If feasible, install hand sanitizer dispensers at the entrance and exit of residents’ rooms

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| **Soap & Water**1. **Wet** your hands with clean, running water and apply soap.
2. **Lather** soap by rubbing your hands together. Do not forget the backs of your hands, between your fingers, your thumb, and under your nails.
3. **Scrub** your hands for at least 20 seconds. (This is about the time it takes to sing the “Happy Birthday” song twice)
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air-dry them.
 | **Alcohol Hand Sanitizer\*****(>60% ethanol or >70% isopropanol)**1. **Apply** hand sanitizer generously into the palm of your hand (left or right). Ensure enough hand sanitizer to perform the following:
2. **Rub** the gel onto the front and back of both hands
3. **Rub** the gel between the fingers by interlocking the fingers of both hands. Remember to clean both thumbs.
4. **Rub** the gel onto both wrists
5. **Air** **dry**

\* Non-alcohol-based formulations (e.g., benzalkonium chloride) are not recommended. Also,  ensure hand sanitizer is not contaminated with methanol, which is toxic. Check for recalled products at  <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use> |