



Preventing COVID-19 in Nursing Homes Hand Hygiene Protocol

Critical Moments for Hand Hygiene

- 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:
 - ✓ Feeding
 - ✓ Oral care
 - ✓ Giving medication
 - ✓ Accessing devices
 - ✓ Bathing/showering
 - ✓ Toileting/incontinence care
 - ✓ Dressing/undressing
 - ✓ Transferring

Clean hands save lives!

Perform hand hygiene during these critical moments

NOTE: If feasible, install hand sanitizer dispensers at the entrance and exit of residents' rooms

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>