



GERMS? | NOT ON MY WATCH.*

Guidelines for Hand Hygiene

Hospital-Associated Infections

As a healthcare professional, you know that hospital-associated infections (HAIs) represent a global crisis that has reached devastating proportions. At Kimberly-Clark, we share your concerns about HAIs and are just as passionate as you are about prevention. That is why we have prepared this brochure to support you in your daily fight against preventable HAIs by promoting proper handwash and handrub procedures in your facility.

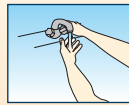
The Importance of Hand Hygiene

According to Dr. Julie Gerberding, Director of 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."

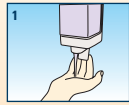
How to Handwash

Wash hands only when visibly soiled.
Otherwise, use a handrub.

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 clapsed in right palm and vice versa



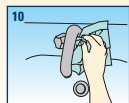
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water



Dry thoroughly with a single use towel



Use towel to turn off faucet



Your hands are safe

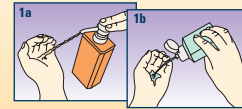
According to the World Health Organization:

- Thousands of people die 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.

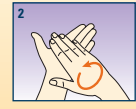
How to Handrub

Wash hands only when visibly soiled.
Otherwise, use a handrub.

Duration of the entire procedure: 40-60 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



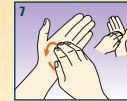
Palm to palm with fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



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



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



Your hands are safe

Additional Resources

For more information on ways to prevent HAIs, including further evidence-based guidelines, visit www.HAIwatch.com and these websites:

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

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

Developed with the support of:



Trusted Clinical Solutions®

* Registered Trademark or Trademark of Kimberly-Clark Worldwide, Inc. ©2008 KCWW. All rights reserved.