

Performing hand hygiene with alcohol-based hand sanitizer or soap and water is a simple and effective way to stop the spread of germs. Clean your hands the right way at the right times to protect yourself and your residents.

Point your phone's camera at the QR code for hand hygiene resources for healthcare providers from the CDC.



Infection Prevention Checklist



1. **Hand hygiene supplies:** Make sure sinks and hand sanitizer dispensers are accessible and hand hygiene supplies (e.g., soap, paper towels, hand sanitizer) are available and in date.
 - a. Example of hand hygiene supplies observation tool: <https://www.cdc.gov/infection-control/media/pdfs/standard-precautions-hand-hygiene-supplies-p.pdf>
2. **Hand hygiene training and competency:** Ensure all healthcare personnel have appropriate training and competency on when and how to perform hand hygiene.
 - a. Use alcohol-based hand sanitizer over soap and water in most clinical situations
 - Wash hands with soap and water when they are visibly dirty, before eating, after using the restroom, after caring for a person with known or suspected infectious diarrhea, or after known or suspected exposure to spores (e.g., *C. difficile* outbreaks).
 - b. Focus on the five key moments for hand hygiene plus after glove removal: <https://www.vdh.virginia.gov/content/uploads/sites/174/2023/08/Hand-Hygiene.pdf>
 - Wearing gloves is not a substitute for hand hygiene. Contamination during glove removal is common.
 - c. Educate about hand hygiene and validate competency on hire, annually, with any changes to policy, lapses in practice, or new infection transmission risks.
 - Sample competency: https://www.vdh.virginia.gov/content/uploads/sites/174/2024/02/HH-Comp-Template-Fillable-Final_508c.pdf
 - Sample competency validation tool: https://www.vdh.virginia.gov/content/uploads/sites/174/2024/02/Hand-Hygiene-Competency-Validation-Draft-Fillable-Final_508c.pdf
 - VDH poster: how to hand rub <https://www.vdh.virginia.gov/content/uploads/sites/174/2023/08/Hand-Rub.pdf>
 - VDH poster: how to hand wash <https://www.vdh.virginia.gov/content/uploads/sites/174/2023/08/Hand-Wash.pdf>

- Fingernail hygiene:** Ensure healthcare personnel follow facility policy regarding fingernails (e.g., recommended length, which staff may or may not wear artificial nails). Areas under the fingernail may contain large amounts of bacteria and can contribute to the transmission of microorganisms in healthcare settings.
- Auditing:** It is important to routinely check that healthcare personnel are performing hand hygiene correctly and provide feedback to staff. Provide direct feedback to staff in real-time so that practices can be adjusted as needed and in summary to staff and leadership. Example of a hand hygiene monitoring tool: <https://www.vdh.virginia.gov/content/uploads/sites/174/2023/01/Hand-Hygiene-and-PPE-Monitoring-by-Precaution-Type.xls>

Hand Hygiene: How to Share the News



- To the resident and those authorized to receive health information:** When you are a resident in a nursing home or visiting one, you might get bad germs on your hands from things you touch. Clean your hands often to get rid of these bad germs.

To keep you safe, doctors, nurses, and other healthcare personnel need to clean their hands frequently. It's ok to speak up and ask us if we've cleaned our hands. Please remind us if we forget.

- To healthcare workers:** Practicing good hand hygiene is one of the most important things we can do to prevent the spread of infection. We all need to do our part and help keep each other accountable. Please speak up to your peers if you see someone forget to clean their hands and be receptive to feedback if you forget to clean yours.

Additional Resources

New Jersey Department of Health "Caught Red-Handed":

https://www.nj.gov/health/cd/documents/topics/hai/caught_red_handed_hai.pdf

- Fun activity to demonstrate effective hand hygiene and safe removal of gloves

SHEA/IDSA/APIC Practice Recommendations: Strategies to Prevent Healthcare-Associated Infections Through Hand Hygiene – 2022 Update:

<http://tinyurl.com/handhygieneguidelines>

