

# Collaborative Healthcare Urgency Group


A.R.M.E.D. TIP SHEET

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## Hand Washing Basics

For effective hand washing, follow these steps:	Different situations where people can pick up "germs" include:
Remove any rings or other jewelry,	When hands are visibly soiled,
Use warm water and wet your hands thoroughly,	After using the washroom (includes changing diapers),
Use soap (1-3 ML.) and lather very well,	After blowing your nose or after sneezing in your hands,
Scrub your hands, between your fingers, wrists, and forearms with soap for 10 seconds,	Before and after eating, handling food, drinking or smoking,
Scrub under your nails,	After touching raw meat, poultry, or fish,
Rinse thoroughly,	After handling garbage,
Turn off the taps/faucets with a paper towel,	Visiting or caring for sick people,
Dry your hands with a single use towel or air dryer,	Handling pets, animals or animal waste.
Protect your hands from touching dirty surfaces as you leave the bathroom.	

### Hand Washing Technique



Wet hands with water



Add soap and rub briskly to lather



Rub hands, wrists and under fingernails for at least 15 seconds



Rinse hands under running water



Dry with a paper towel and turn off tap with the towel

### Disinfecting Hands With Alcohol Sanitizers



Apply a dime-sized amount of sanitizer to the palms



Rub hands together, covering all areas including the backs of hands; do not use water



Rub fingertips of each hand in the opposite palm



Rub until hands are dry; paper towels are not needed