

Practice good hand hygiene to help prevent the spread of germs!
 Bacteria that colonize residents can be transmitted from one resident to another by the hands of healthcare workers.

Remove gloves after completing the resident care; clean your hands immediately after removing gloves.

another.
 • To reduce contamination of the hands of healthcare workers that can be spread from one resident to another.
 • To prevent spreading germs from the healthcare worker to residents; and
 • To reduce the risk of healthcare workers acquiring infections from residents;
FALSE. Gloves are recommended for three reasons:

both before and after they wash their hands.
FALSE. Even after careful hand washing, germs can live under your fingernails. Studies have shown that healthcare workers who wear artificial nails are more likely to have germs on their fingertips than those who have natural nails -
TRUE. Residents who are colonized, but not infected, with bacteria can spread germs to the hands of healthcare workers...then to other residents and the environment - unless you practice good hand hygiene!

bacteria but not kill bacteria.
B and C. Use antimicrobial soap and rub your hands for at least 20 seconds and rinse with warm water. As an alternative, alcohol-based hand rubs are convenient, portable, quicker, and just as effective as soap and water at decreasing the number of organisms on your hands. Cleaning your hands with plain soap and water will remove

antimicrobial resistant organisms, and reduce overall infection rates.
Good hand hygiene. Good hand hygiene can stop outbreaks in healthcare facilities, reduce the spread of

Hand Hygiene Quick Quiz

1. What is the single most important way to prevent the spread of infections?
2. Which of these hand hygiene methods will kill bacteria?
 - a. Plain soap and water
 - b. Antimicrobial soap and water
 - c. Alcohol-based hand rubs
3. True or False: When a healthcare worker touches a resident who is *colonized* but not infected with resistant organisms (e.g., MRSA or VRE) the healthcare worker's hands can spread resistant organisms to other residents and the environment.
4. True or False: Use of artificial nails by healthcare workers poses no risk to residents.
5. True or False: If you wear gloves while caring for a resident, you don't have to wash your hands.

(Answers on other side.)

