

HAND HYGIENE
for the
HOLIDAYS



Get on Santa's Nice List with Good Hand Hygiene



NAUGHTY LIST

1. Flu
2. RSV
3. Pneumonia
4. C. Diff
5. E. Coli
6. COVID

NICE LIST

1. Good Hand Hygiene
2. Cover Your Cough
3. Vaccines
4. Gloves
5. Contact Precautions
6. Correct use of PPE



Wet your hands with clean, running water (warm or cold), and apply soap.



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

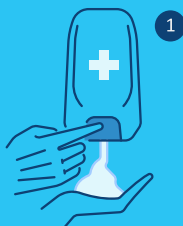


Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.

Or use **hand sanitizer** that contains at least 60% alcohol:



Apply the gel product to the palm of one hand (read the label to learn the correct amount).



Rub your hands together.



Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around **20 seconds**.

Don't let poor hand hygiene put you on Santa's naughty list.

To **learn more** about good hand hygiene practices, check out [the CDC website](https://www.cdc.gov) and [quality.allianthealth.org](https://www.quality.allianthealth.org).