

## **Clean Hands – A Critical Issue**

**Protect yourself and your children from infection.** Use the hand hygiene guidelines developed by the CDC to prevent or reduce the rate of infection.

These simple guidelines can be easily adapted to the school environment and carried through in the home environment.

### **Recommended Hand Hygiene Techniques**

- Alcohol-based hand rubs/gels - Application is the key. Apply to palm of one hand. Rub hands together covering all surfaces until dry. The volume used is based on the manufacturer. Let it dry!
- Handwashing - Wet hands with water, apply soap, and rub hands together for at least 15 seconds. Rinse and dry with disposable towel. Use towel to turn off the faucet.

### **Hand hygiene for yourself and your children should occur:**

- Upon arrival at school
- Immediately before and after eating
- After using the toilet
- After contacting any body fluids, including wet or soiled diapers, runny noses, spit, or vomit
- After handling pets, pet cages, or other pet objects
- Whenever hands are visibly dirty or after cleaning
- After removing gloves used for any purpose
- Before giving or applying medication or ointment
- Before going home

Hand washing with soap and water remains a sensible strategy for hand hygiene. However, most people wash their hands for limited time periods, and often fail to cover all surfaces of their hands and fingers. If done incorrectly, hand washing has little or no effect.

Alcohol-based hand rubs significantly reduce the number of microorganisms on the skin, are fast-acting, and cause less skin irritation. Products such as instant hand sanitizers with alcohol solutions containing 60%-95% alcohol are most effective. Washing hands with soap and water after 5-10 applications has been recommended by certain manufacturers. When hands are visibly dirty, alcohol-based rubs are not appropriate for use.

**Purell hand sanitizer can be ordered by your campus office manager from the PISD warehouse, item #332251.**