

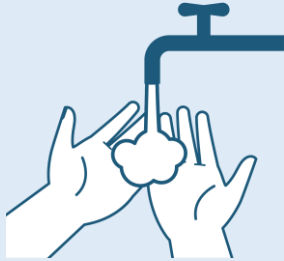
Keep Hands Clean

Keeping hands clean is one of the most important things we can do to stop the spread of germs. You can kill germs by washing with soap and water or by using hand sanitizer. VUMC is committed to making sure all staff know how to do this correctly.

Use soap and water

Wet hands

Wet hands with water, apply soap, and rub hands together.



Lather hands

Scrub back of hands, between fingers, and under nails.



Scrub for 20 seconds

As a timer, hum the "Happy Birthday" song twice.



Rinse and dry

Rinse with water and dry with a clean towel. Use towel to turn off water faucet.



Use hand sanitizer

Apply Sanitizer

Use enough sanitizer to cover all surfaces.



Cover hands

Rub sanitizer over back of hands, between fingers, and under nails.



Do not rinse or wipe off

Air dry hands. Do **not** rinse or use a towel to dry hands.

