

Clean Hands Care



Care for your Hands

Did you know that the risk of spreading infections increases if the skin on your hands is dry and cracked?

You can protect your hands with a few simple tips:

- 1** Choose Alcohol Based Hand Rub (**ABHR**) when appropriate – the one used in [PHSA facilities](#) contains moisturizers, and doesn't wash away skin oils.
- 2** When using soap, wet hands before applying soap, and avoid hot water. Pat dry with paper towel instead of rubbing, and dry completely.
- 3** Make sure hands are not wet before putting on gloves, and remove gloves as soon as the task is finished.
- 4** Use hand lotion if skin feels dry, and let it sink in before washing your hands again.

Take care of your hands so that they can take care of you, your loved ones, and your patients.