

## Memorandum for Record

SUBJECT: Hand Washing

1. Hand washing is "...the single most important means of preventing the spread of infection." --Center for Disease Control
2. Hand washing is the most effective way to prevent the spread of infections. This is especially important for those who work in public places because of the inherent risks of daily contact with the public. Good hand washing can prevent or greatly decrease risk of the following disease: Influenza, E.coli O 157:H7, Respiratory Syncytial Virus (RSV), Hepatitis A, and the Common Cold.
3. For effective hand washing, follow these steps:
  - remove any rings or other jewelry (clean if soiled)
  - use warm water (as hot as bearable) and wet hands thoroughly
  - use soap (1-3 mL) and lather very well
  - scrub your hands, between your fingers, wrists, and forearms with soap for at least 20-30 seconds
  - scrub under your nails
  - rinse thoroughly
  - turn off the tap/faucets ~ with paper towel
  - dry your hands with a single use towel or hot air dryer
  - avoid possible contaminated areas once hands are clean