

UCSF Hand Hygiene Guidelines

HOW DO I CLEAN MY HANDS CORRECTLY?

Using soap and water:

- Wet hands with warm water
- Dispense soap into palm
- Rub hands together for **15 seconds**
- Rinse hands thoroughly
- Dry hands with paper towel
- Use towel to turn off faucet
- Discard towel in the trash



Soap and Water

Using alcohol-based hand rub (ABHR):

- Dispense gel into palm of one dry hand
- Rub hands together (covering all surfaces) until dry- about **15 – 20 seconds**



Alcohol-based Hand Rub