

Safe Science = Good Science

5/18/2020

When should Hands be Washed?

- Before donning PPE
- After doffing PPE
- Before leaving the laboratory
- After using the restroom
- Before and after treating cuts and wounds
- After handling animals and animal waste
- Before eating and drinking in break rooms
- After blowing your nose
- Before touching your face; eyes, nose, or mouth.

Hand Hygiene

Hand washing is the single most effective way to prevent the spread of infections.

“**Good**” hand washing techniques include an adequate amount of soap, rubbing the hands to create friction, and rinsing under running water for a minimum of 20 seconds (sing or hum the *ABC’s* or *Happy Birthday* song twice.) Water temperature should not affect the results of hand washing. However, just rinsing your hands without any soap is an ineffective way to prevent infectious agents.

If a sink is not available in the room or lab, **at the very least use hand sanitizer** with an alcohol content between 60-90% (per the CDC), to prevent contaminating potential fomites until you reach the nearest bathroom or sink in another location to properly wash your hands.



Regular or more frequent hand washing due to working with infectious agents can cause the skin to dry and crack. Make sure to keep your hands moisturized with an appropriate moisturizer.