

# WASH YOUR HANDS

**WASH your HANDS!** How many **DOZENS** of **TIMES** have you **HEARD** this? Did you stop **LISTENING** to what may sound like a **BROKEN RECORD**? I ask you now to please take a minute to **REFLECT** on the **REAL IMPACT** that **UNSANITARY** hands can have on you, your **PATIENTS**, and your **FAMILY**. **MRSA INFECTIONS** are on the **RISE OUTSIDE** of **HOSPITALS** and it is more **IMPORTANT** than ever to be **DILIGENT** about hand washing. Here's a **REFRESHER** for you:

Your **SKIN CONSTANTLY** makes **OIL** that stay on the **SURFACE**. **GERMS STICK** to your skin by getting **TRAPPED** in the oil. That is why it's important to use **SOAP** and **WATER** or an **ALCOHOL** based hand **SANITIZER**. Sanitizing gel is **ACCEPTABLE** to use if you hands are not **VISIBLY SOILED**.



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