Hand hygiene is a general term referring to handwashing, antiseptic hand-wash, alcohol-based hand rub, or surgical hand hygiene/antisepsis. Indian Health Service (IHS) and Tribal healthcare workers touch many items throughout their workday. Consistently practicing proper hand hygiene is important to help decrease the occurrence of healthcare-associated infections. Tribal healthcare workers who use proper hand hygiene techniques have clean hands, which reduces the spread of germs while treating Tribal members, as well as protects themselves from being exposed to germs that cause infections.

**Handwashing**
- Wet hands with water
- Apply soap
- Rub hands together for at least 15 seconds
- Make sure to cover all surfaces of the hands and fingers
- Rinse thoroughly
- Dry with disposable towel

**Alcohol-based hand rub**
- Use alcohol-based hand rub
- Apply to palm of one hand
- Rub hands together covering all surfaces until dry
- Volume = amount to use based on manufacturer recommendation

**Surgical hand antisepsis**
- Use either antimicrobial soap or alcohol-based hand rub
- Antimicrobial soap: scrub hands and forearms for the length of time recommended by the manufacturer
- Alcohol-hand rub: follow the manufacturer's recommendation
- Before applying, pre-wash hands and forearms with non-antimicrobial soap

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