Video Article

COVID-19 / Coronavirus Outbreak: Guidance for Hand Hygiene for Healthcare Providers to Ensure a Safe and Healthy Environment

Elena V. Petrova\(^1,2\), Huan (Teena) Xu\(^3\), Brodus A. Franklin\(^1\), Laila E. Woc-Colburn\(^3\), Sharmila Anandasabapathy\(^1,2\)

\(^1\)Baylor Global Health, Baylor College of Medicine
\(^2\)Department of Medicine-Gastroenterology, Baylor College of Medicine
\(^3\)Department of Medicine-Infection Disease, Baylor College of Medicine

Correspondence to: Sharmila Anandasabapathy at sharmila.anandasabapathy@bcm.edu

URL: https://www.jove.com/video/6424
DOI: doi:10.3791/6424

Keywords:

Date Published: 3/26/2020


Abstract

Handwashing is an easy and simple way for healthcare providers to maintain a safe and healthy environment for both themselves and the patient. The following handwashing protocol should be used before and after patient contact.

Video Link

The video component of this article can be found at https://www.jove.com/video/6424/

Protocol

1. Wet your hands with lukewarm or warm water.
2. Dispense soap.
3. Rub your hands together for at least 20 seconds, making sure to cover your fingers, fingertips, backs of hands, palms, and wrists.
4. Rinse your hands
5. Dry your hands with paper towels.
6. Use a paper towel to turn off the faucet.
7. Dispose of the paper towel in the trash.
8. Hands can also be cleaned by rubbing all hand surfaces with a 70% alcohol hand sanitizer, which is effective at killing most germs and viruses.

NOTE: Do not use solutions with >90% alcohol content, as these are less effective in killing germs and viruses because of premature evaporation from the skin surface.

Disclosures

No conflicts of interest declared.