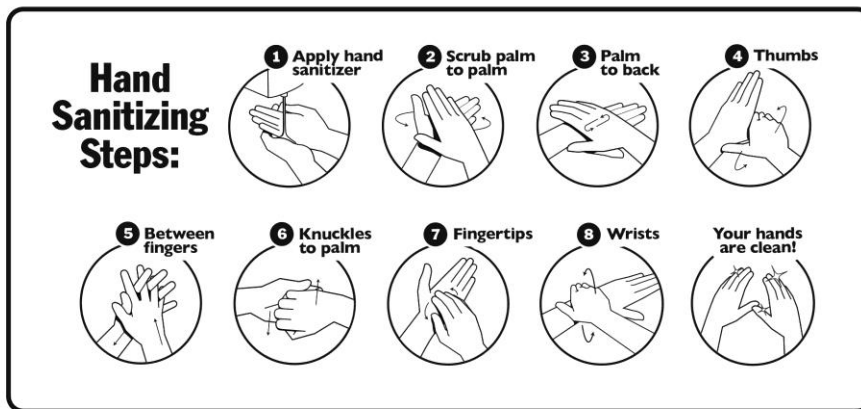# Are you Germ Smart?

Complete this short handwashing self-check by reading and initialing each section.

Initial Here

I *know that….*

1. It is important to wash my hands often because 80% of common microorganisms are spread through hands and contaminated surfaces.

2. Hand hygiene is one of the best ways to prevent the spread of illness.

3. Hand hygiene helps to protect myself, co-workers & clients from contagious illnesses.

4. When I sanitize my hands, I should use enough sanitizer (with at least 70% alcohol) to cover my hands and rub for at least 15 seconds (using the steps below).
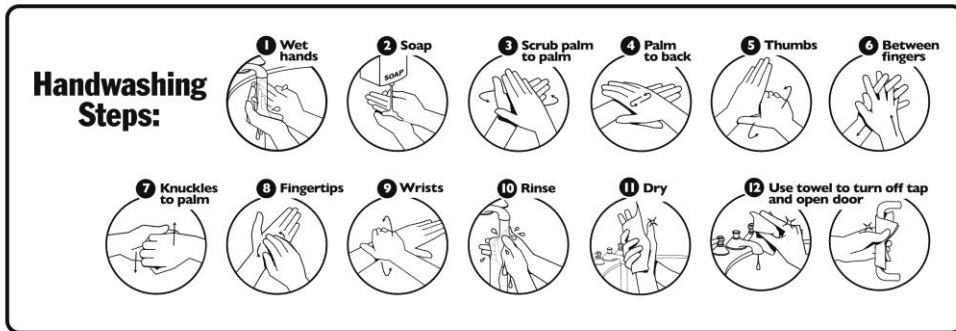

Hand Sanitizing Steps:

1. Apply hand sanitizer
2. Scrub palm to palm
3. Palm to back
4. Thumbs
5. Between fingers
6. Knuckles to palm
7. Fingertips
8. Wrists

Your hands are clean!

Outsmart Germs…Wash Your Hands!

5. When I wash my hands, I should scrub for at least 15 seconds
    (using the steps below).

Handwashing Steps:

1. Wet hands
2. Soap
3. Scrub palm to palm
4. Palm to back
5. Thumbs
6. Between fingers
7. Knuckles to palm
8. Fingertips
9. Wrists
10. Rinse
11. Dry
12. Use towel to turn off tap and open door

Any feedback for my supervisor about challenges to handwashing in our workplace?

_____

_____

_____

_____

_____

Date completed: _____   Signature: _____