

Clean Care is Safer Care

Washing your hands with soap and water or an alcohol-based hand sanitizer is the most important way to prevent infection when you care for your wound at home.

Keep your hands clean to help prevent infection and spreading germs to others. When you wash your hands, cover all of the surfaces of your hands and fingers, including areas around and under your fingernails.

Follow these guidelines for washing hands and changing bandages.

<p>Wash your hands with soap and water for 20 seconds when:</p> <ul style="list-style-type: none"> • Your hands are visibly dirty • You're getting ready to eat • You've used the restroom • You're cleaning a wound (wash before and after) 	<p>Wash your hands with an alcohol-based hand sanitizer for 15-30 seconds when:</p> <ul style="list-style-type: none"> • Your hands are not visibly dirty • You're cleaning a wound (use before and after)
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To change your bandage:

