



Fact Sheet 7

Hand, Skin and Nail Care

- Avoid using hot water to rinse your hands
- After hand washing or hand rubbing, let your hands dry completely before putting on gloves
- Take care of your hands!
 - Hand lotions and creams should be used at least daily to reduce irritant contact dermatitis
 - Use a protective hand cream or lotion
 - Studies have shown that using hand cream improves the health of hands and has no negative impact on hand hygiene. ¹
- Staff prone to allergies or adverse reactions should use alternative products
- Do not wear artificial fingernails or extenders in the healthcare setting, particularly when in direct contact with patients
- Keep natural nails short (0.5 cm)

For more information, go to:

- STOP! Clean Your Hands website www.handhygiene.ca
- Updated (2009) WHO guidelines full version: http://whqlibdoc.who.int/publications/2009/9789241597906_eng.pdf
- Updated (2009) WHO guidelines summary version: http://whqlibdoc.who.int/hq/2009/WHO_IER_PSP_2009.07_eng.pdf

¹ “WHO guidelines on hand hygiene in health care (Updated 2009 Version)”