

# REMEMBER the 3Cs

**Gloves are NOT a substitute for hand hygiene.**  
Appropriate hand hygiene and gloving are essential in the fight to prevent infection. Remember hand hygiene before putting on and after taking off gloves.

Step 1



Perform hand hygiene **before patient contact**, even if gloves are worn.

**WHY?** Gloves can become torn, punctured by sharp instruments, or contain imperfections invisible to the naked eye. Protect patients and yourself by performing hand hygiene before gloving.

Step 2



Perform hand hygiene if gloves are changed **during patient contact**.

**WHY?** Germs can be transferred from contaminated body sites to clean body sites. Remove gloves, perform hand hygiene, and put on new gloves.

Step 3



Perform hand hygiene **after patient contact** and after removing gloves.

**WHY?** Hands can become contaminated when removing gloves. Protect patients and yourself by performing hand hygiene after removing gloves.

*Take a stand. Even when using gloves, remember to clean your hands.*

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