

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



Clean Hands

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



Cover Hands

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



Clean Hands Again

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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