

Long-Term Care Survey Alert

CDC PUBLISHES FINALIZED HANDWASHING GUIDELINES

The days of soap and water for hand hygiene are over, at least for the most part. The **Centers for Disease Control & Prevention** released updated handwashing guidelines in late October (www.cdc.gov/mmwr/PDF/rr/rr5116.pdf). The guidelines direct health workers to wash their hands with soap and water to remove body fluids or visible debris. Otherwise, staff should use alcohol-based handrubs to disinfect their hands. The CDC says to apply the alcohol rub to the palm of one hand and rub the hands together, covering all surfaces of the hands and fingers until the hands are dry.