

Wash your Hands Guide

Larson's work is impacting your life daily when you, your loved ones, and your colleagues follow her easy guide on *how* to wash your hands:

- **Use *plain* soap and water.** This rinses most germs off your hands. If you've had contact with a person who has an infection, a waterless, alcohol-based, hand-sanitizing gel is probably a better bet. It will kill bacteria more effectively than antibacterial soaps.
- **Don't forget the fingertips.** Most people fail to wash their entire hands. Be sure to soap and rinse or apply gel to *all* areas of the hand, including the fingertips and under the fingernails.
- **Apply hand lotion.** It helps prevent dried or cracked skin, which can harbor dangerous infectious agents, such as gram-negative bacteria and *Staphylococcus aureus*.

“Just be sure to wash all of the surfaces on your hands, the backs, between the fingers....It's not the amount of time that's important, but covering all the surfaces, as well as applying friction,” Larson reminds.

Many brands of alcohol-based hand sanitizer are available over-the-counter and can be carried easily in a pocket or purse and used when there is no running water or clean towels. They are as effective as hand washing in killing bacteria and viruses.

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Achieving Excellence

Achieving excellence and distinction requires the capacity to quickly seize opportunities when they occur. Larson's hand hygiene studies have become today's standard for avoiding many infections. But her hand hygiene recommendations are made from the results of her evidence based research—research made possible by the generous donors to ANF. Your tax-deductible contribution to ANF impacts the lives around you by giving nurses the opportunities to conduct research. Their findings have made a substantial positive impact on the lives that surround us. The ANF grants program has enabled the ANF Scholars to conduct important research and build the science of the nursing profession. Nearly 30% of ANF Scholars since 1955 have received grants from the National Institutes of Health (NIH). ANF Scholars have not only continued with their research, but also serve the profession in roles as varied as organizational leaders, deans of educational institutions, and journal editors.

ANF scholars have created a legacy of leadership and have paved the way for a new generation of nurse researchers and leaders. Your donation to the 2009 ANF Annual Fund acknowledges the work of nurse researchers today, and those who will follow in their footsteps tomorrow.

“Clean your hands!”

As the holidays approach, we ask you to reflect on your contribution to the American Nurses Foundation (ANF). Since its inception more than 50 years ago, ANF has funded the research of more than 1,000 scholars, many of whom have had distinguished nursing research careers, conducting trailblazing studies that have advanced the practice of nursing, as illustrated by the work of Elaine L. Larson.

Donations support the mission of ANF and ensure the essential work of nurse researchers, such as Larson continues to enhance the health of you and your loved ones. Take a moment to remember Larson's clear message, "***Clean your hands!***" This is especially important during the holidays as you celebrate with your family, friends, and colleagues at your special gatherings. [Make a Donation](#)

Happy and Healthy Holidays!!!