

# Personal Hygiene for Compounding

Individuals entering a compounding area must be properly garbed and must maintain proper personal hygiene to minimize the risk of contamination to the environment.

## Hand Hygiene

- 1 — **Remove** visible debris from underneath fingernails under warm running water using a disposable nail cleaner. Do not use a fingernail brush.
- 2 — **Wash** hands and forearms up to the elbows with soap and water for at least 30 seconds.
- 3 — **Dry** hands and forearms to the elbows completely with low-lint disposable towels or wipes.
- 4 — **Apply** an alcohol-based hand rub to dry skin. Rub hands together, covering all surfaces of hands and fingers, until hands are dry. Do not towel dry.

## Garbing Requirements

