FOR SAFE HEALTHCARE

Patients and visitors,
YOU HAVE A ROLE
in preventing the spread of
germs that cause serious infections.

Clean your hands often while you are a patient
or visiting someone in a healthcare facility.

IT'S OKAY TO SPEAK UP FOR
CLEAN HANDS
You are encouraged to ask questions!

To keep you safe, doctors, nurses, and
other healthcare providers need to
clean their hands frequently.

Familiy and friends can speak up on behalf
of patients.

Naturally, you might feel hesitant or not
know how to start the conversation.

Bring it up casually:
"Do you mind cleaning
your hands again
before the exam?"

PROTECT YOURSELF BY
CLEANING YOUR HANDS OFTEN
Germs that cause serious infections
are in healthcare facilities.

When you are a patient or visitor, you might get
bad germs on your hands from things you touch.

Clean your hands often to get rid of these bad
germs.

ALCOHOL-BASED HAND SANITIZER   is the
preferred way to clean your hands. It kills the
bad germs while the good germs quickly grow
back on your skin.

WHEN TO CLEAN YOUR HANDS:
AFTER TOUCHING BED
RAILS, BEDSIDE TABLES,
REMOTE CONTROLS, OR PHONE
BEFORE TOUCHING
YOUR EYES, NOSE,
OR MOUTH
AFTER TOUCHING
DOORKNOBS
AFTER USING
RESTROOM
(Use soap
and water)
BEFORE
EATING
(Use soap
and water)
BEFORE
AND AFTER
CHANGING
BANDAGES
AFTER BLOWING YOUR NOSE,
COUGHING, OR SNEEZING

CLEAN HANDS COUNT
FOR C. DIFFICILE
If you have a C. difficile infection, be sure to clean
your hands often using SOAP AND WATER,  especially
after using the bathroom and before eating.

WHAT IS C. DIFFICILE?
C. difficile, or “C. diff”, is a
common healthcare-
associated infection that
causes severe diarrhea.

C. difficile forms spores that are
NOT killed by alcohol-based
hand sanitizer.

Make sure that your healthcare
providers wear gloves and clean
their hands when caring for you.

C. difficile spores are NOT killed
by alcohol-based hand sanitizer.

Always have healthcare
providers wash and clean
their hands after caring for you.

CleanHandsCount for everyone
www.cdc.gov/HandHygiene

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