

# CLEAN HANDS COUNT 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.

Family 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

BEFORE EATING (Use soap and water)

AFTER TOUCHING DOORKNOBS

AFTER USING RESTROOM (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.



#CleanHandsCount

for everyone

[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)