

CLEAN HANDS CARE



Sources used in the preparation of this document:
1. Centers for Disease Control and Prevention

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Show Your Care. Join the Watch!

Preventing Infection is Everyone's Responsibility.

Did you Know?

Washing hands properly and often is the most important thing you and your visitors can do to help prevent infection.

Our staff is committed to your safety and reducing the risk of acquiring a Hospital-Associated Infection (HAI).

What You Can Do To Help!

- Ask your visitors and anyone else who enters your room to wash their hands as they arrive. And wash your own hands often!
- Ask about our cleaning protocol for your room. Is it cleaned and disinfected every day?
- Ask healthcare workers to change their gloves or other protective gear before caring for you.
- Talk to your doctors, nurses or other healthcare professionals about our infection prevention measures.

Clean hands help prevent infection.

When to Sanitize

Wash your hands often with soap and water or alcohol based hand sanitizer, especially after using the restroom, before eating, after contact with any bodily fluids, and after coughing or sneezing.

Proper Hand Hygiene Technique

With alcohol hand sanitizer:

1. Apply product to palm of hand
2. Rub hands together
3. Cover all surfaces of hands, fingers and nails
4. Allow hands to air dry
5. Do not wipe off

