PATIENTS AND VISITORS

CLEAN HANDS COUNT

KNOW THE TRUTH TO PROTECT YOURSELF FROM SERIOUS INFECTIONS

TRUTH

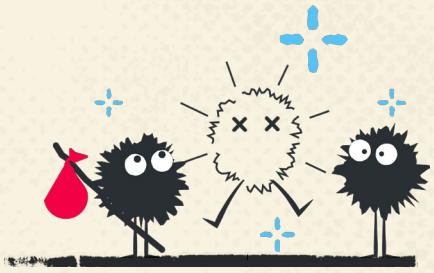
On average, healthcare providers clean their hands less than half of the times they should.

THE NITTY GRITTY:

This can put you at risk for a serious infection. It's OK to ask your care team questions like, "Before you start the exam, would you mind cleaning your hands again?" Another way to bring it up is to thank them for cleaning their hands if you are uncomfortable asking.

TRUTH

Alcohol-based hand sanitizer does not create antibiotic-resistant superbugs.

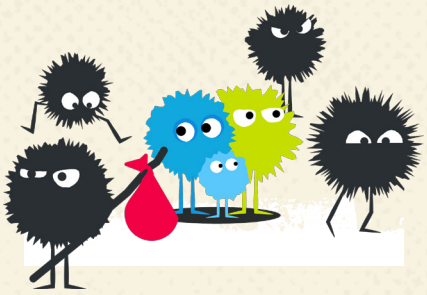


THE NITTY GRITTY:

Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. Using alcohol-based hand sanitizers to clean your hands does not cause antibiotic resistance.

TRUTH

Alcohol-based hand sanitizer kills most of the bad germs that make you sick.



THE NITTY GRITTY:

Your hands have good germs on them that your body needs to stay healthy. Your hands can also have bad germs on them that make you sick. Alcohol-based hand sanitizers kill the good and bad germs, but the good germs quickly come back on your hands.

ALCOHOL-BASED HAND SANITIZER

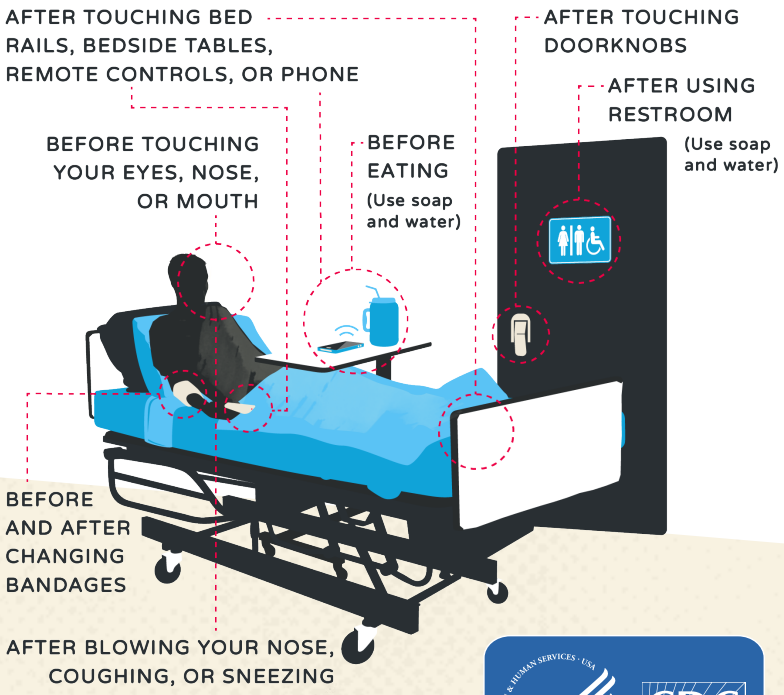
is a product that contains at least 60% alcohol to kill germs on the hands.

TRUTH

Your hands can spread germs.

THE NITTY GRITTY:

Make sure you and your visitors are cleaning your hands at these important times:



TRUTH

Alcohol-based hand sanitizer does not kill *C. difficile*.

THE NITTY GRITTY:

If you have a *C. difficile* infection, make sure your healthcare providers wear gloves to examine you. You and your loved ones should wash your hands with soap and water to prevent the spread of *C. difficile*.

WHAT IS *C. DIFFICILE*?

C. difficile or *"C. diff"* is a common healthcare-associated infection that causes severe diarrhea.

www.cdc.gov/HandHygiene

This material was developed by CDC. The Clean Hands Count Campaign is made possible by a partnership between the CDC Foundation and GOJO.