YOU HAVE A VOICE

PROTECT YOURSELF BY
ASKING QUESTIONS

Clean your own hands and ask everyone to do the same.

It's important to ask your healthcare providers questions about your healthcare, such as:

> "I didn't see you clean your hands when you came in, would you mind cleaning them again before you examine me?"

> "I'm worried about germs spreading in the hospital. Will you please clean your hands once more before you start my treatment?"

Ask your visitors to clean their hands too:

> "You cleaned your hands a while ago when you got here, but could you please clean them again? It would help put me at ease."

CLEAN HANDS COUNT

Learn more at:
www.cdc.gov/HandHygiene

Contact CDC:

www.cdc.gov/info
800-CDC-INFO
(800-232-4636)
TTY 888-232-6348

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

PATIENTS AND VISITORS

CLEAN HANDS COUNT

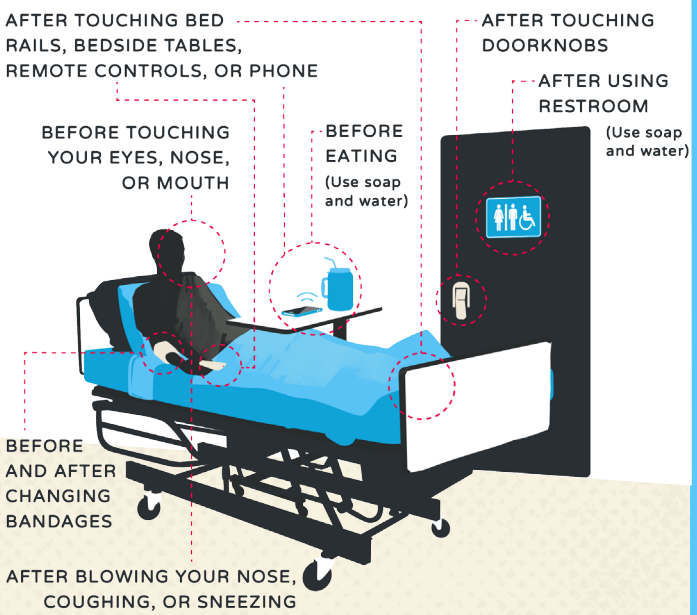
PROTECT YOURSELF FROM SERIOUS INFECTIONS

CLEAN HANDS COUNT FOR YOUR PROTECTION

Did you know...?

- Cleaning your hands is a great way to protect yourself from **serious infections.**
- **Every patient is at risk** of getting an infection while they are being treated for something else.
- Preventing the spread of germs is especially important in **hospitals** and other facilities such as **dialysis centers** and **nursing homes**.

PATIENTS AND VISITORS: When to clean your hands



What is alcohol-based hand sanitizer?

- A product that kills germs on the hands.
- It should contain **60% to 95%** alcohol.

Use alcohol-based hand sanitizer:

When hands do not look dirty.

Use soap and water:

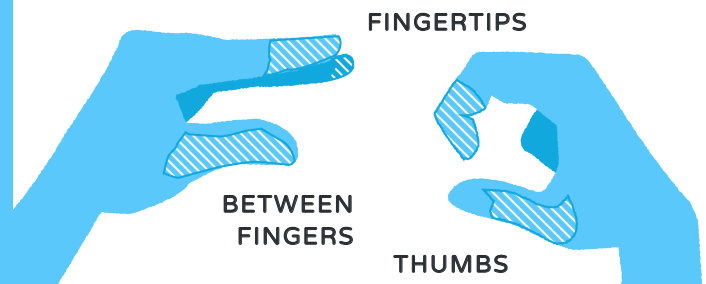
When hands look dirty.

If you have a *C. difficile* infection.

Before eating and after using the restroom.

When using alcohol-based hand sanitizer:

People often miss certain areas when cleaning their hands using alcohol-based hand sanitizer:



What if I have a *C. difficile* infection?

- *C. difficile*, or *C. diff*, causes severe diarrhea.
- If you have a *C. diff* infection, you should wash your hands with soap and water.
- Your healthcare providers should wear gloves while caring for you.

Healthcare providers need to clean their hands:

- Every time they enter your room and when they remove gloves.
- Wearing gloves alone is not enough to prevent the spread of infection.