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.”

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.
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.

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.

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.